SOLDIER FOR LIFE

Center helps ease transition

Story on Page A3



Day Spa offers retreat from stress

Story on Page C1



GONE FISHING

Post boasts 6 lakes, multiple options for anglers

Story on Page D1





SERVING THE U.S. ARMY AVIATION CENTER OF EXCELLENCE AND THE FORT RUCKER COMMUNITY SINCE 1956

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FORT RUCKER ★ ALABAMA

JULY 2, 2015



Fireworks provide the finale for last year's Freedom Fest. This year's event is today from 4-10 p.m. and features Fort Rucker's own 98th Army "Silver Wings" Band and, of course, one of the largest fireworks shows in the Wiregrass to help celebrate Independence Day.



Lt. Col. Paul E. Berg, 1st Battalion, 223rd Aviation Regiment commander, receives the unit colors from Col. Jayson A. Altieri, 110th Aviation Brigade commander, as he assumes command of the unit from Lt. Col. Todd H. Marshburn during a change of command ceremony on Howze field Friday.

l-223rd welcomes new commander

By Nathan Pfau

Army Flier Staff Writer

Soldiers of the 1st Battalion, 223rd Aviation Regiment welcomed a new commander and bid farewell to the outgoing commander during a change of command ceremony on Howze Field Friday.

Lt. Col. Paul E. Berg assumed command of the unit from Lt. Col. Todd H. Marshburn as the unit colors changed hands from one commander to the next.

"I'm truly honored and humbled to stand before you and have the opportunity to command the 1-223rd," said Berg. "(My wife) Tanya and I are excited to be back to Fort Rucker and blessed to be joining the Spartan family. Spartans, you look great this morning and I look forward to training with you."

Col. Jayson A. Altieri, 110th Aviation Brigade commander, presided over the cer-

SEE 1-223RD, PAGE A5

Course turns nurses into aircrew members

By Nathan Pfau Army Flier Staff Writer

flying high above the Wiregrass, but not many know that there is a whole host of training that goes on a little more behind the scenes across the installation.

One particular aspect of that training is the U.S. Army School of Aviation Medicine Flight Medic Course, which hosted a walkthrough for Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison command sergeant major, to highlight the training and show its importance to not only Fort Rucker, but the Flight Medic School as a whole, said Capt. Lani Pineda, USASAM Joint Enroute Care Course director.

"During our Flight Medic School courses, we teach the students what is needed when they apply their training

when it comes to anywhere from the well as simulators that simulate be-Advanced Cardiovascular Life Support to their basic certifications and When thinking of Fort Rucker, what is needed when you're down sounds. most people think about helicopters range," said the course director. "The course teaches the students how to be a crew member on an aircraft and how to apply what they've learned as paramedics into the operational world when they deploy."

Students come to Fort Rucker for the course, which currently runs over five weeks but will soon be cut to four weeks, from the training at the U.S. Army Medical Department Center in San Antonio, Texas, where they receive the bulk of their training. Pineda said the training received on Fort Rucker is invaluable, in that it gives the Soldiers a real-world type envi-

ronment to learn. The USASAM Flight Medic Course features a lecture hall, hoist training facility – the only hoist tower in the Army, according to Pineda –as

ing in a helicopter while treating a patient, complete with equipment and

Each course trains between 20-25 students, and Soldiers come from all branches, including the Navy, Air Force, Coast Guard, Reserve and National Guard, and multiple countries from Norway to Germany to Austra-

The training is meant to give Soldiers an immersive experience and challenge them with situations they wouldn't normally encounter as a nurse, paramedic or even doctor, said

the course director. "I feel that it's really important for the school to be here just to showcase that although you can be a great practitioner anywhere, being a practitioner in the back of the aircraft is a different beast of its own," she

SEE AIRCREW, PAGE A5



Capt. Lani Pineda, USASAM Joint Enroute Care Course director, shows Command Sgt. Maj. William D. Lohmeyer, Fort Rucker garrison command sergeant major, the different equipment flight medic students use to train during a walkthrough of the Flight Medic Course lecture hall June 25.



Col. Stuart J. McRae, Fort Rucker garrison commander, gets hosed down by his wife, Helaine, after disembarking from his ceremonial final flight as garrison commander at Cairns Army Airfield June 25.

"It was a great flight and a beautiful day to fly," said the garrison commander. "It was a nice way to finish up with some friends flying in the back with us and the family down here on the ground."

McRae will change command July 10 and said his fondest memory of Fort Rucker will always be the people, with flying taking a close second, but hopes his lasting legacy will be on those he encountered across the installation. "I hope my lasting legacy here is the people here and those we've trained," he said. "We got people into better positions, trained them and encouraged them to be better than they are, and that's what we're about - that's what our job is."

HELP WANTED

Post to bost job fair

By Jeremy Henderson Army Flier Staff Writer

Tackling today's job market can be a daunting task for Soldiers and civilians alike, but a joint effort between Army Community Service, Fort Rucker Soldier for Life, and the Enterprise Chamber of Commerce strives to provide a centralized location for employment opportunities.

The 12th annual Fort Rucker Area Job Fair is July 15 from 10 a.m. to 2 p.m. at Enterprise High School. The event, hosted at the Ozark Civic Center last year, rotates between the two communities, according to Alfred Alexander, Soldier for Life transition services specialist.

"This venue will provide more space between employer because of it being a larger community and the gym size," he said, adding that the event is anticipated to welcome more than 1,000 job seekers.

There will be a separate area where only Soldiers, veterans, retirees and their families can see certain vendors that cater to their special experiences and abilities. Service members, current and prior, and specialized clients will wear a circle of the American flag affixed to their collar.

The companies represented at the job fair, to be

SEE JOB, PAGE A5

PERSPECTIVE

IMCOM CG urges safe July 4 celebrations

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Indepen-

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Day

other."

dence

By Lt. Gen. David Halverson
Installation Management Command
Commanding General

July Fourth is a great occasion in our country and a day to celebrate with patriotism

John Adams, the first vice president and second president of the United States, helped write the Declaration of Independence. He said, "I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival. It ought to be solemnized with pomp and parade, with



LT. GEN. DAVID HALVERSOI

tional celebration just as President Adams predicted. We encourage you to celebrate in the spirit of

shows, games, sports, guns, bells, bonfires and illuminations from one end of this con
independence and patriotism that has endured for 239 years. As Army professionals who protect our freedom, we must remain aware of the risks present at July Fourth festivities.

Outdoor activities are a source of sunburn

take frequent breaks when working or playing in hot weather.

Water activities are also popular during the July Fourth weekend. Wear life jackets

and heat injuries. Drink plenty of water and

eas and obey posted signs.

Pay attention to weather conditions and

while boating, swim only in supervised ar-

get out of the water at the first sign of bad weather.

Alcohol doesn't mix with boating, swimming or driving. Watch your consumption and don't drink if you will operate any type of vehicle. Give a responsible person details on where you will be and how long you will be gone for added safety.

Enjoy Independence Day as you celebrate with family and friends. Please be safe because our nation needs each one of us to support and defend this great country.

Once a Soldier, Always a Soldier. Soldier for Life!

Job Fair: Opportunity for employment success

By Mike Kozlowski

Army Community Services Employment Readiness Program Manager

(Editor's note: This is the first in a two-part series on preparing for job fairs.)

Job fairs traditionally come in all sizes and flavors – from the small half-day employer days to student career fairs at local high schools to full-blown, multi-day community job fairs that offer breakout sessions on a variety of employment-related topics for interested attendees.

While some hiring occurs at these events, job fairs usually give company representatives the opportunity to meet, greet and evaluate a pool of interested candidates for their advertised positions, to receive resumes from these folks and to talk about what their company offers in the line of a specific product line or service.

The reps make no promise that the resumes they receive from individuals will result in callbacks for interviews. I've heard some frustrated job fair attendees state that many of the reps were just manning booths, directing them to complete online applications at their corporate websites.

Have I depressed you yet? Well, don't be. Walking into a job fair may be a daunting task for you. You may be one of hundreds of candidates vying for a recruiter's attention, but you can make lemonade out of these lemons by following some tips for job fair success.

Research

Research the employers you're interested in who will be at the fair. Typically, the sponsoring organization, such as the local Chamber of Commerce, will have published a comprehensive listing of those employers who have committed to man booths at the event. As the date of the fair draws closer, the sponsoring organization will also have published a map showing the floor plan of the event's location, along with where the representatives' (or "vendors") booths will be situ-

Having this advance knowledge does a couple of key things

for you.

You target those companies

with which you have a keen in-

terest in gaining employment, equipping yourself with basic knowledge about those companies so you can talk intelligently with company representatives. This communicates the fact that you're not merely interested in working for that company – you show that you care about the firm, and are also able to ask some targeted questions of the company representatives, which speaks volumes about you as a

candidate.
You send the message that you have a sincere interest in the company and are not just looking out for No. 1. Additionally, knowing who you will visit allows you to individually tailor your resumes and cover letters for those companies.

You spend time visiting the vendors who are hiring people with your specific skill sets first. Your energies are likely to be at optimum levels when you first arrive at the fair – use that energy to your advantage early-on. You should also mark off the companies that you speak with, so you can remember to follow-up immediately after the event.

Multiple resumes

Always bring multiple copies

of your resume. Even though you have targeted company booths you want to visit, extra copies of your resume are crucial for that unexpected representative at the fair – another company that appeals to your skill set and long-range goals. You don't need to hand out your resume aimlessly, but bring a dozen extra copies above what you need for your target companies.

Practice

Practice your "elevator speech." In her book, "60 Seconds and You're Hired," noted author and career counselor Robin Ryan discusses the importance of having this pitch are all at the ready for any prospective employer who asks you the question, "So ... tell me about yourself."

Having a carefully crafted and naturally delivered elevator speech — lasting 30 to 60 seconds — gives you the opportunity to distinguish yourself from the rest of the candidate "pack." You can tell the rep the value you would add to their firm as an employee, or better yet, what you could contribute as a team member.

It takes a while to perfect your pitch, so write it out, revise it and practice it several times so it sounds natural and not like you're delivering a sales presentation for a new

You've probably heard it said, "We never plan to fail, we just fail to plan." Allow me to give you a target to shoot for, to plan for in earnest. The Fort Rucker Area Job Fair is slated for July 15th from 10 a.m. to 2 p.m. at the Enterprise High School Gymnasiums.

Details about the event's vendors are available from the Enterprise Chamber of Commerce. Call Lisa Fenner, president of the Enterprise Chamber of Commerce, at 334-347-0581 (work) or 334-806-6607 (cell) for other event details. You can also contact Bryan Tharpe, director of the Fort Rucker Soldier for Life Center, 255-2558, or me at 255-2594.

Use the job fair preparation techniques I've outlined and, as always, happy job hunting!

Next week, I'll cover dressing for success and some other considerations when preparing for a job fair, including social media and communication habits.



America celebrates its Independence Day Saturday. What tips would you recommend for remaining safe during this weekend's celebration?



Chelsea Summers, Army spouse

"Make sure to keep track of your children and stay cool in the heat by drinking lots of water."



Stevie Urvan, Army spouse

"If you're traveling, make sure to map out your route and plan for weather."



Jolene Willis, Army spouse

"If you've got children planning to shoot fireworks, make sure that you're watching them at all times and don't let them shoot them off on their own."



Patricia Thomas, retired Army

"If you're going out to see fireworks, make sure to stay with your group and keep in contact with each other in large crowds."



Justin Snyder, Army veteran

"The best way to stay safe is to not shoot fireworks yourself, but go watch a good show instead."

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FORT RUCKER GARRISON COMMANDER

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FORT RUCKER PUBLIC AFFAIRS OFFICER

COMMAND INFORMATION OFFICER

David C. Agan Jr.

COMMAND INFORMATION OFFICER AS-

EDITORIAL STAFF

Jim Hughes

Jim Hughes

ACTING EDITOR.....jhughes@armyflier.com

leremy P Henderson

Jeremy P. Henderson

SYSTEMS & DESIGN EDITOR... 255-2253

jhenderson@armyflier.com

Nathan Pfau

STAFF WRITER......255-2690 npfau@armyflier.com

BUSINESS OFFICE

Robert T. Jesswein
PROJECT MANAGER......702-60

rjesswein@dothaneagle.com

Jerry Morgan
REGIONAL SALES DIRECTOR 702-2631
jmorgan@dothaneagle.com

Laren Allgood

DISPLAY ADVERTISING......393-97 lallgood@eprisenow.com

Mable Ruttlen

DISPLAY ADVERTISING......393-9713
mruttlen@eprisenow.com

CLASSIFIED ADS.....(800) 779-2557

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If you would like to contact the Army Flier by e-mail, please contact the editor at jhughes@armyflier.com.

Center helps ease transition for Soldiers

By Nathan Pfau Army Flier Staff Writer

Transition is something Soldiers are usually very familiar with, but a transition out of the military and back to civilian life can seem daunting for some.

Formerly known as the Army Career and Alumni Program, the Soldier for Life Center is a place where Soldiers must seek help when undergoing the transition from the military to a civilian career field, according to Bryan Tharpe, center transition services manager.

"People need to stop by and start talking to us early," Tharpe said. "It's never too early to ask questions and get information."

Although this is a commander-driven program, the center tries to help the commanders by identifying Soldiers who are 18 months from their separation date, among providing other information based tools, added Tharpe.

About 50 to 60 transitioning Soldiers a month visit the Fort Rucker Soldier for Life Center, said Tharpe, adding that the VOW Act of November 2011 mandates that all Soldiers with 180 days of active duty attend transition classes prior to separation from the military.

There are also Career Readiness Standards that transitioning Soldiers have to meet, he said, and one of the biggest problems that the center is facing is that Soldiers are not coming to talk more than 12 months before their transition – a problem



Bryan Tharpe, transition services manager at the Fort Rucker Soldier for Life Center, helps transitioning Soldiers prepare for careers outside of the military.

that is not only local, but Army wide.

However, Tharpe said if someone shows up at the last minute before their separation date, the Soldier for Life Center will not leave a Soldier without help.

"We will do a warm handover to the Department of Labor or Veterans Affairs, even take them down and introduce them, but we will not just leave someone hanging," said Tharpe.

He added that the Army rolled out a new program last year, the Soldier Life Cycle, which teaches young advanced individual training graduates at their first permanent-

party duty station, things that only the Soldiers who are transitioning are currently learning. The new goals are to inform and arm the new Soldiers with information that will serve them well over their careers early on, and not have to wait to the end of their career to find out about them, he said.

The Soldier Life Cycle follows Soldiers from the beginning of their service until their Expiration of Term of Service date.

"During their first year, Soldiers have certain courses that they have to take anyway. With this program, they will be putting the required documents into the Army

Career Tracker system and it will follow them throughout their career until they transition out of the military," said Tharpe.

In the program, Soldiers will develop certain civilian career skills throughout their Army career progression that build on one another until the Soldier reaches the end of their service, be it 1 or 20 years. "The problem now is that Soldiers don't know what they don't know, and we're waiting till the end to tell them," he said.

Career Readiness Standards are introduced early and throughout a Soldier's career with touch points at their first duty station, first year of service, reenlistments, deployments, promotions and, finally, at their transition out of the military. "By the time they reach their ETS, they will be ready for a civilian career and will only need to pull everything they have already done together," he said.

Spouses can visit the Soldier for life Center, as well as their transitioning service member. "Well, they are a team, right?" said Tharpe. "If ever they had to team up and do something together, getting out of the military is the time. The spouses have to know just as much as the Soldier so they can help each other.

"Come talk to us early," said Tharpe. "Soldiers must complete a pre-separation briefing prior to 12 months before they separate from the military."

Soldiers two years from retirement or 18 months from their ETS, or who are thinking about transitioning to a civilian career can stop by Bldg. 4502 or call 255-2558.

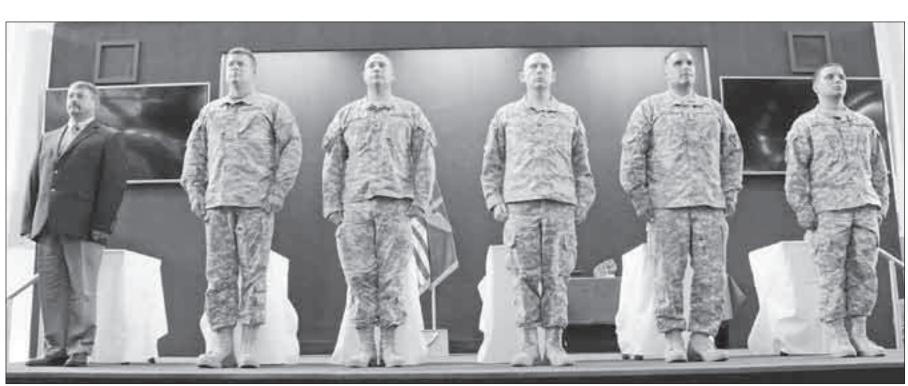


PHOTO BY NATHAN PFAU

Instructors of the quarter

Instructors of the Quarter were recognized during a ceremony at the U.S. Army Aviation Museum Tuesday. The awardees were (from left) Daniel Rawlings, C Co., 1st Battalion, 223rd Aviation Regiment, 1st Aviation Brigade, Civilian Academic Instructor of the Quarter; Robert Schuler, D Co., 1st Bn., 14th Avn. Regt., 110th Avn. Bde., Civilian Flight Instructor of the Quarter; Staff Sgt. Alexander Williams, F Co., 1st Bn., 212th Avn. Regt., 110th Avn. Bde., NCO Flight Instructor of the Quarter; Staff Sgt. Jason Perry, D Co., 2nd Bn., 13th Avn. Regt., 1st Avn. Bde., NCO Academic Instructor of the Quarter; CW3 Todd Misurelli, A Co., 1st Battalion, 212th Aviation Regiment, Officer Flight Instructor of the Quarter; and CW3 Victor Negron, Warrant Officer Career College, Warrant Officer Academic Instructor

News Briefs

Commissary grand opening

The new Fort Rucker Commissary will celebrate its grand opening with a ribbon cutting ceremony July 15 at 8:30 a.m. The Fort Rucker community is invited to attend the opening of the new store.

School physical appointments

Lyster Army Health Clinic will offer after-hours school physical appointments during the dates and times below to help ensure the highest continuity of care possible while providing timely access for patients requiring a school physical. The slots will fill quickly, so people are advised to book appointments as soon as

The dates include: July 21, 4-6 p.m.; Aug. 13, 4-6 p.m.; Aug. 28, 4-6 p.m.; and Sept.11, 4-6 p.m.

People should make sure to bring any required documentation to the appointment, with the patient portion filled out completely. The appointment will be for the school physical only. Any other issues will need to be addressed with people's primary care providers.

Opportunity Knocks

The Fort Rucker Thrift Shop has an opening for a cashier/assistant bookkeeper and a floor clerk. Hours are Tuesdays, 9 a.m. to noon; Wednesdays, Thursdays and Fridays from 9 a.m. to 2:30 p.m. There may other days and hours as determined by the manager. The cashier is responsible for ringing customer transactions, customer service and money management, although there may be additional duties assigned. The floor clerk is responsible for organization and merchandising, putting newly priced donated and consigned items on the floor, assisting customers in the fitting room, assisting customers as needed and

other duties as assigned. Retail experience is a plus. The pay is \$8 an hour.

Employment applications can be downloaded from the thrift shop's website at http://www.fortruckerthriftshop.org/employment.html and submitted during business hours. The thrift shop staff asks people not to call in reference to the jobs.

Changes of command

- The U.S. Army Aeromedical Research Laboratory will host a change of command ceremony Wednesday at 11 a.m. at the U.S. Army Aviation Museum.
- · U.S. Army Garrison Fort Rucker will host a change of command ceremony July 10 at 1 p.m. at the U.S. Army Aviation Museum.
- U.S. Army Dental Clinic Command-Fort Rucker will host a change of command ceremony July 21 at 9 a.m. at the U.S. Army Aviation Museum.

LifeSouth blood drive

LifeSouth Community Blood Centers, Inc., will host a blood drive today from 9 a.m. to 5 p.m. in the post exchange parking lot. All donors will receive a T-shirt for donating. Donors must have valid photo ID to donate, weigh 110 pounds or more and be 17 years of age or older (16 year olds can donate with a signed LifeSouth parental consent form). LifeSouth is in critical need of all negative blood types at this time, especially O nega-

Eagle Rising ceremony

The U.S. Army Warrant Officer Career College will host an Eagle Rising ceremony July 22 from 10-11 a.m. at the U.S. Army Aviation Museum to induct retired CW4 Benny R. McKee into the order.

Men's health challenge

June is Men's Health Month and Lyster Army Health Clinic has a health challenge to all male beneficiaries. Males who participate in any one of the following healthy activities between now and July 10 will be entered into a drawing for the Men's Health Active Summer Giveaway.

- Try out the IN-BODY 570 body composition analysis machine at LAHC, 255-7986.
- Men 50 and older: have a colonoscopy, schedule a colonoscopy or turn in 3 Fecal Occult Blood Cards to LAHC, 255-7715.
- Diabetics and pre-diabetics: attend a diabetes basics program class at LAHC, 255-7986, and/or complete

an A1C lab, 255-7715, or retinal exam, 255-7185.

- · Attend a nutrition care class at LAHC (weight control, healthy heart management or healthy cooking),
- Participate in a Zumba or yoga class at LAHC, 255-

The Active Summer Men's Giveaway pack includes: • Five 18-hole rounds of golf at Silver Wings Golf

- · Three games of extreme bowling at Rucker Lanes
- Bowling Center; and
- · Fitbit Flex wristband.

People should call the telephone numbers provided above to schedule individual activities. Once people have scheduled their activity, they should call 255-7715 or 255-7913 to have their name entered into the giveaway drawing. The more activities people do, the more chances they have to win. The giveaway drawing will be held July 13. The winner will be notified by phone.

The inspector general's office will move to Bldg. 536 July 27-31. During this period, assistance will be by appointment only. For an appointment, call 255-2118. Regular office hours, to include walk-ins, will resume Aug. 3 at 8:30 a.m.

Lyster activity classes

Lyster Army Health Clinic offers free yoga classes Mondays and Thursdays from 11:45 a.m. to 12:45 p.m. in the Lyster Activity Center, Rm. J-100, of the clinic. People are encouraged to bring their own mat, but the staff has extra if people forget. Also, free Zumba classes take place Mondays and Wednesdays at 4 p.m. in the Lyster Activity Center, Rm. J-100.

TRICARE Nurse Advice Line

Lyster Army Health Clinic uses the TRICARE Nurse Advice Line for all after-hours urgent care questions. Call 1-800-TRICARE (874-2273) to speak with a nurse 24 hours a day, 7 days a week.

To become 'force of future,' Army must fix personnel churn

By C. Todd Lopez Army News Service

WASHINGTON — To become a "force of the future," the Army must slow down the movement of officers and other personnel into and out of important jobs.

Speaking June 24 at an Association of the United States Army Institute of Land Warfare event near the Pentagon, Undersecretary of the Army Brad R. Carson, who also serves as the acting undersecretary of defense for personnel and readiness, discussed challenges and concerns he has in developing a "force of the future," or "21st century defense department," as it specifically relates to personnel management.

"It is my firm belief that the current personnel system, which has satisfactorily served us well for 75 years now, has become outdated," Carson said. "What once worked for us has now, in the 21st century, become unnecessarily inflexible, inefficient and irreparable."

Carson said he's been given an Aug. 19 deadline to deliver to the defense secretary a plan of action to reform the personnel system a plan that has been coordinated with all the military services.

"I have promised him revolutionary change," Carson said, adding that he is working with 100 military, government and civilian academic personnel to develop his plan.

Carson outlined several personnel challenges faced the Army - but also by the other military services - which he posed in the form of questions. "Should (we) accept the churn through jobs that is characteristic of the current personnel system and the requirements that it sets?"

Churn among high-ranking officers, refers to the length of time those officers stay in their positions before moving on to a new

Fortune 500 CEOs, Carson said, typically stay in their position for maybe seven years. The Army's chief of staff holds his position for four – or less. The chief human resources officer at a Fortune 500 company has tenure of four years, while the average tenure of the G-1 in the Army has been about two years for a quarter-century

For the CIO/G-6 and the G-8, he said, both have "on average half the tenure of their corporate analogues."

Churn is even greater at lower levels, he said. Nearly half of the



Undersecretary of the Army Brad R. Carson, who also serves as the acting undersecretary of defense for personnel and readiness, discusses challenges and concerns he has in developing a "force of the future," or "21st century defense department," as it specifically relates to personnel management at the Association of the United States Army Institute of Land Warfare event near the Pentagon June 24.

Army, 50 percent, turns over every other year.

"In three years, a whole organization is a new one," he said.

That level of churn in positions, he said, means Army officers don't have the time to develop in their work as fully as they might. He said general officers are put in jobs for which they have no background, but are able to do well because they are natural leaders.

But by the time they gain full expertise in a particular section of the Army, "they move you on to a new position or retire you altogether. It makes no sense," Carson

While Carson is not yet making recommendations on how to fix the problem with churn, or how to gain the benefits of eliminating it – he did say there is a way to achieve the benefits without returning to the military's pre-World War II era personnel system, which left some senior leaders in their positions until they died.

During that time, he said, some military officers remained captains, in some cases, for 20 years while they waited for somebody above them to move on.

"That's when we went to the current system in 1957," he said. "But there are ways to select out each year the people that aren't performing well that will avoid that cluttering at the top."

He also said that the brightest people – the kind the military wants to employ – end up partnering with other bright people. Smart officers marry smart spouses doctors and lawyers, for instance, and "can't have a career."

"Moving every two years is a hardship on them," Carson said. "If we want to keep the people we want most to stay in, we have to let people stay in duty stations and jobs longer than we do today."

Carson said he was also concerned with the inefficiency of Army recruiting.

"Should we accept in the Army the waste, the inefficiency in Army recruiting," he asked.

The Army brings in between 60,000 to 80,000 new Soldiers a year, Carson said -, a challenge to Army recruiters.

"They must be what the Army operating concept calls resilient and fit, they must be Soldiers of character, they must be competent, committed, agile and adaptive, they must be capable of forming cohesive teams of trusted professionals, all the while representing the diversity of America ... a tall order," he said.

Making recruiting more complex, he said, recruiters must filter out those who don't meet weight requirements, don't meet education requirements, have a criminal background, or have drug prob-

"It's estimated that each year, less than 400,000 young people become eligible for military service," he said. "And across all the services, more than 250,000 of that 400,000 cohort, nearly 60 percent, are needed. That includes both active and Reserve components."

He said the Army spends "billions of dollars" to meet that recruiting challenge. But he said he said. And having that officer that each Army recruiter avermove every two years means that ages just 10 contracts a year – less their spouses have to move as well than one a month. The numbers are similar for the Navy, and the

Marine Corps. Air Force recruiters, he said, are averaging about 45 contracts a year. "Almost five times the output of recruiters in other services."

What concerns Carson, however, is the great cost of recruiting compared to the loss of so many Soldiers so early in their careers due to unexpected attrition.

"The Army makes 16 million contacts a year - the results of various forms of marketing, in the hopes of (for) this year, writing 68,000 contracts," he said. "That's not too great a batting average. But, for me, the real problem is still deeper. And that is the realizing that of those 68,000 contracts, it is estimated that 40 percent will not complete their first term of enlistment. And more than 20 percent will not make it to their first duty station. That's expensive, very expensive."

He said the military services have tinkered with the quality standards of the recruits they allow into service, to include reducing the number of conduct waivers and increasing the percentage of those recruits that must have high school diplomas. But the efforts have not changed the attrition rates for first-term Soldiers.

"Despite these changes, the needle on first term attrition has not substantially moved," he said.

Enrichment leads to exodus

Carson noted a surprising finding: the more the Army invests in an officer, the more likely it is that officer will be out of the military before 10 years of service.

The Army has multiple commissioning sources, such as Reserve Officer Training Corps, the military academies or Officer Candidate School. But he said for the Army, the most time and money is spent developing officers at the U.S. Military Academy at West Point, New York.

Additionally, the Army makes substantial investments in future officers by providing four-year ROTC scholarships and, to a lesser degree, to students on two-year and three-year ROTC scholarship

But retention rates for those officers, he said, are essentially the inverse of how much time and money the Army spends developing them. For 2004 West Point grads, he said only 38 percent now remain on active duty. Of fouryear ROTC students in the same year, only 43 percent remain on active duty. For non-scholarship, or two-year ROTC scholarship

officers, 55 percent remain on active duty.

"Those officers whom we make the most investment in, and in which we spend the most time, are the most likely to leave the Army," Carson said.

A family business

Also of concern to Carson is the makeup of today's military. He said the Army has become something of a "family business."

About 83 percent of recruits, he said, have a family member who has served in the military. About a third has a family member who retired from the military. About 36 percent of recruits across all departments had a father who served in some branch of the military, he said, and six percent of recruits had a mother who served.

"This level of military service in no way reflects the broader society in which we live," he said. "And indeed, while the familial aspect of this is quite noble, it does suggest that the full diversity of America's brilliant mosaic is not being captured by the U.S. military."

In line with that concern, he said, the percentage of female officers in the Army today is about 22 percent.

"Not nearly enough," he said. "Especially as women now predominate the higher education, and the need for knowledge workers in the Army and other services is only going to grow over time."

He said more disheartening is that among female officers, about 50 percent leave service after their initial commitment is complete.

"I don't believe we can be an effective Army, an effective military, unless we refuse to accept these things," Carson said. "That means we have to change the way we do business.

"We have to move to a world where the talents of each and every Soldier, the skills knowledge and behaviors required for every job are well known, are mapped, and where we have the ability to match the demand for talent with a supply - a supply we recruit, retain and develop," he said. "This is the force of the future.

"The strength of the American military, and especially the Army, is not our expensive kit, but our priceless human capital," Carson added. "And I believe we must have a personnel system worthy of our mission. And on behalf of Secretary Carter, I am committed to achieving this."

Warrants pen draft strategy for retaining technology overmatch

By David Vergun

Army News Service

WASHINGTON — "Now more than ever," warrant officers are indispensable in "providing the technological overmatch" needed to win the nation's wars, and strategy must reflect that, said the Combined Arms Center command chief warrant officer.

CW5 Robert Lamphear, from Fort Leavenworth, Kansas, and other chief warrant officers spoke at the Senior Warrant Officer Summit June 30 at Alexandria, Virginia, attended by several dozen senior warrant officers. The topic was Warrant Officer 2025 Strategy.

That strategy, developed by warrant officers in consultation with U.S. Army Training and Doctrine Command and the CAC, is now in "pre-decisional" form, and he said he hopes to have it finalized and approved by the chief within a few months, if not sooner.

Although the strategy is still in draft, Lamphear provided highlights. First and foremost, he said it is all connected with TRADOC's recently published "U.S. Army Operating Concept: Win in a Complex World."

The mention of technology is sprinkled throughout the AOC, he said, noting that warrant officers are considered to be the lead experts in their respective branches.

For example, one of the main underlying assumptions in Section 1-5 of the AOC is: "The land, air, maritime, space, and cyberspace domains will become more contested as U.S. military technological advantages decrease. Changes in technology and geopolitical dynamics as well as the enduring political and human nature of war will keep war in the realms of complexity and uncertainty."

CW5 Scott Broten, warrant officer total force integrator for CAC-Education on Fort Leavenworth, said another aspect of the strategy is that warrant officers' expertise will be called on with greater frequency than before as contractor support for maintenance shrinks and Soldiers' roles in those functions expand.

To stay on the cutting edge of technology, warrant officers will need to stay abreast of developments in their fields through formal education, distributed learning and internships with industry, Broten said. Along with that will come certification and credentialing opportunities that will not only be beneficial for warrant officers' jobs, but also when they retire or separate and become "Soldiers for Life."

CW5 Brian Taylor, warrant officer leader development chief, TRADOC 3/5/7, Fort Eustis, Virginia, said the strategy also includes having a more coherent job description for each rank of warrant officer, which includes levels of knowledge and skills expected within his or her

While warrant officers are expected to be at the top of their game technologically, as members of the officer corps they are also expected to demonstrate good leadership. As such, common core leadership courses will augment branch-specific education, Lamphear said.

The new strategy will not take away best practices and solutions that are working well in each of the branches, Lamphear emphasized. "We're going to make it better."

Broten said talent management is another important aspect for warrant officers in the strategy. The Army

has got to get better at identifying top-notch NCOs who would make good fits as warrants, he said. Many are not even aware of the opportunities. Once the warrant officers have been selected, they need to be assigned to the right places.

And, Lamphear added, many don't know that warrant officers represent 2.5 percent of the Army and about 16 percent of the officer corps, serving in about 60 specialties across 17 branches in all components.

In other news at the summit, Lamphear announced that the first-ever Warrant Officer Solarium on Fort Leavenworth is in the "pre-decisional" stage for early January for 84 chief warrant officers 2 and 3. If it takes place, a range of important issues impacting the Army will be discussed and recommendations will be provided to the Army chief of staff.



1-223rd: Incoming commander returns to Aviation roots

Continued from Page A1

emony and said that although the Spartans are saying goodbye to a great leader, he has full confidence in Berg to lead the unit in the right direction.

"The selection of Todd (more than two years ago) was a cornerstone for the success of the (U.S. Army Aviation Center of Excellence), and allows this Fort Rucker team to train the best combat Aviators in the world," said the brigade commander during the ceremony. "Lieutenant Colonel Marshburn has set the example as a competent, passionate, mission-focused and selfless leader, living the Army values everyday.

"But so much as the Spartan team has been fortunate to have Todd as their leader

these past two years, the battalion is just as lucky to have Paul Berg taking the helm," he continued. "Paul brings a wealth of leadership experience from his prior service here at Fort Rucker, and a depth of tactical knowledge from his deployments to Afghanistan and Iraq. I know that the Spartan battalion will be in good hands."

Berg is no stranger to Fort Rucker, having served as a platoon trainer for the Aviation Officer Basic Course, a small group leader for the Aviation Captains Career Course and commander of D Co., 1st Bn., 145th Avn. Regt.

He returns with a wealth of leadership experience from across the world, including operations officer for C Co., 7th Bn., 101st Avn. Regt. at Fort Campbell, Kentucky;

commander of Headquarters Headquarters Company, 9th Bn., 101st Avn. Regt. for the initial invasion of Iraq and operations in Mosul; brigade Aviation officer for 2nd Bde., 1st Cavalry Division with a deployment to Kirkuk, Iraq; and served as the battalion operations officer for 2nd Bn., 227th Avn. Regt., as well as the executive officer for 1st Bn., 227th Avn. Regt. (Attack) with a deployment to Sharana, Afghanistan.

It's that leadership experience that will allow Berg to support the 110th Avn. Bde. as it trains over 2,500 Flight School XXI students and graduate-level Aviators who fly five days a week, 50 weeks a year, totaling more than 200,000 flight hours, said Altieri.

The Spartans operate a diverse fleet of air-

craft, including the CH-47 Chinook, UH-60 Black Hawk, UH-72 Lakota, TH-67 Creek and Mi-17 helicopters, and Marshburn believes that Berg is up to the task.

"I have been privileged to have served alongside those standing in the field today. I've been fortunate in many ways over these past two years. We've trained and educated a bunch of Aviators, many of them from Day 1 of their Aviation careers," said the outgoing commander. "Having spent the last several weeks with Lt. Col. Paul Berg, I'm excited for the Spartan's future. He and Tanya both share a passion for teaching, and are poised and eager to take the Spartans to the next level. I wish you the best and I want you to enjoy every day because it's going to go by really fast."

Aircrew: Course helps nurses see medical care in a new light

Continued from Page A1

said. "If we can blend the two things, then this is the place to do it."

Before attending the course herself, Pineda said the experience of going through the program was and eye opener, despite her having full confidence in her abilities as a nurse.

"For me, as a nurse working in a hospital, I felt very confident in my craft," she said. "When I got put into the back of an aircraft, I felt like I was a baby nurse all over again – it's the same with these flight medics.

"A lot of them are ground medics or paramedics and they know the basics of how to do the medicine, but there is a whole Aviation and combat side that we're not taught. In order to be able to be a great flight medic or flight nurse or flight doctor, you've got to be flying, and you can only get that here at Fort Rucker - the home of Army Aviation," she said. "We really want to close the gap, and make people aware that we're here and tie the together where medical care and Aviation blend.'

It's that blending of training that makes Fort Rucker great, said Lohmeyer, adding the fact that it's mostly done unnoticed by the general population is



Students work on a training manikin at the U.S. Army School of Aviation Medicine Flight Medic Course June 25.

amazing. "I think it just goes to show everything that goes on Fort Rucker

are constantly out there doing lot training, flight-medic traintheir mission," he said. "For the ing, theater-operations training size post that we are, the amount - it's amazing how it all comes

on a daily basis and how people of training that goes on here - pi- together, most of which goes un-

seen. It's amazing the quality of training and the realism of the training that the students are receiving here."

Job: Fair could provide sameday employment, interview

Continued from Page A1

announced in the future, will range from local to national businesses, from sales to top Aviation executives. All ranges of experience and education are encouraged to attend.

"Once the employer list is published, research the companies that you want to speak with," Alexander said. "Job seekers should have a 30-second speech prepared to introduce themselves to potential employers.

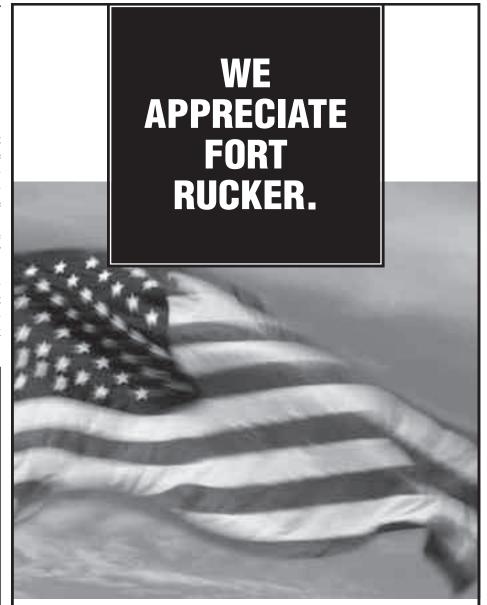
"Familiarize yourself with the companies present at the job fair," he added. "Determine the companies looking for your education level, skills and experience."

Alexander said some job seekers might be hired on the spot or be given the chance to officially interview for positions. However, applicants should not discount an opportunity if they do not receive an offer the day of the job fair.

"Be sure to send 'thank you' notes the any employers who received your résumé," he said. "It could lead to a job offer."

For more information, or a full list of attending employers, call 255-1117 or visit www.ftruckermwr.com. And for more information on preparing for a job fair, check out the article on Page A2.

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JULY 2, 2015

up with Hellfire Pilots warm

By Sgt. William Begley 3rd Combat Aviation Brigade Public Affairs

FORT STEWART, Ga. - The 3rd Combat Aviation Brigade conducted manned and unmanned teaming between AH-64 Apache pilots and the MQ-1C Gray Eagle unmanned aircraft system for a remote Hellfire missile engagement at the Multi-Purpose Range Complex on Fort Stewart June 20.

It was the first time the Vipers of the 1st Battalion, 3rd Aviation Regiment utilized the MQ-1C Gray Eagle UAS of E Company, 3rd CAB to positively identify a target, laser designate it, then engage with an AH-64 Apache on Fort Stewart.

Col. John D. Kline, commander of 3rd CAB, said this was an important event.

"This is significant because it's the first time this division has fired a remote Hellfire shot using a laser designator from a (MQ-1C) Gray Eagle on this installa-

tion. The low altitude that the Apaches fly reduced the surface danger zone small enough so we didn't have to close down all of the road networks through all of southeast Georgia just to conduct this Hellfire

Kline said it was also important because after this engagement Fort Stewart could become the premier range location to conduct this sort of Aviation live gunnery training on in the future.

It was a team effort with the team from Range Control and the Department of Public Works working side by side with CW4 Robert Senefeld, brigade master gunner,

Senefeld said there were other benefits to having a range such as this available locally for the pilots to train on.

"By keeping this training here locally, we are saving the taxpayer a significant amount of money," Senefeld said.

SEE HELLFIRE, PAGE B4



CW3 Adam Kozel, A Company, 1st Battalion, 3rd Aviation Regiment, 3rd Combat Aviation Brigade, watches from the cockpit of his aircraft as an AH-64 Apache fires a Hellfire missile at a target that was laser designated by an MQ-1C Gray Eagle unmanned aircraft system at the Multi-Purpose Range Complex on Fort Stewart June 20.

Army puts Gray Eagle through test

By Sofia Bledsoe

Program Executive Office Aviation

REDSTONE ARSENAL — The Army has finished its follow-on test and evaluation on the MQ-1C Gray Eagle, and Initial Test and Evaluation on the One System Remote Video Terminal at the National Training Center on Fort Irwin, California.

Record testing was conducted from May 29-June

The Gray Eagle, already in full-rate production since 2013, was being tested on the suitability, survivability and effectiveness of all the new "universal" equipment on the system, including the Universal Ground Control Station, Universal Ground Data Terminals and the Universal Satellite Communications Data Terminal. The test was also focused on transitioning tasks to decrease reliance on maintenance contractors to ensure that Army equipment can be Soldier-maintained.

During the test, supported by F Company, 1st Battalion, 227th Aviation Regiment from Fort Hood, Texas, Gray Eagle supported maneuver operations by a Stryker Brigade Combat Team conducting its capstone training rotation at the center.

The OSRVT, originally fielded as a quick reaction capability system, underwent its initial test and evaluation as part of the requirement for a program of record system. Fielding of the systems began in 2007 and they have been used in combat in Afghanistan

OSRVT is the one system that provides Soldiers enhanced situational awareness with real-time, full-motion video and telemetry data from all of the Army's manned and unmanned platforms, and is capable of sending video down to the ground. OSRVT's common software can be integrated with any air vehicle and ground vehicle, tracked or wheeled, for comprehensive situational awareness in real time.

"The OSRVT really is a system that's been resident in the Army for quite some time because of an operational need response," said Col. Courtney Cote, Unmanned Aircraft Systems project manager. "Then it was formalized into a program of record and now, as a function of being a program of record, all systems are required to go through an operational test. That's why it's here.

"There is nothing exotic about what the Army is doing right now," Cote said. "Every weapon system that gets fielded goes through an operational test. We owe that to the Soldier to make sure that what we are procuring for them actually does what we intend it

Cote added that events like the FOTE give the Army a data point by which to evaluate performance and make additional improvements as needed.

The Gray Eagle test is actually more rigorous than its initial OTE, which was completed in early 2013, due to the expanded scope of the test that includes multiple daily missions and split based operations from two sites.

SEE GRAY EAGLE, PAGE B4



The MQ-1C Gray Eagle, the Army's largest unmanned aircraft system in the inventory, recently underwent follow on test and evaluation, which culminated June 14 at the National Training Center in Fort Irwin, Calif.



Paratroopers from the 173rd Airborne Brigade conduct an airborne operation with a 12th Combat Aviation Brigade CH-47 Chinook at Juliet Drop Zone in Pordenone, Italy, June 4. The 173rd Airborne Brigade is the Army Contingency Response Force in Europe, capable of projective ready forces anywhere in the U.S. European, Africa or Central Command areas of responsibility within 18 hours.

Air Cav troopers continue tradition

By Staff Sgt. Christopher Freeman 82nd Combat Aviation Brigade Public Affairs

FORT BRAGG, N.C. — The hour is late. The sun is long gone. While most have already called it a night, there is a group still marching through the woods of Fort Bragg in hopes to earn a coveted piece of cavalry tradition.

Six teams consisting of 10 troopers assigned to 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, 82nd Airborne Division, braved a barrage of physical and mental challenges to earn their silver spurs June 18. The event lasted for more than 16 hours and covered a span of over 15 miles.

A spur ride is a cavalry tradition that focuses on teamwork and leader development. The events vary with every spur ride, but the focus is on developing leadership and inspiring esprit de corps, said CW2 William Lavendier, OH-58 Kiowa Warrior maintenance test pilot, 1-17th Cav.

"Once or twice a year, we hold the silver spur event," Lavendier said. "It varies with the amount of missions we are doing and the tempo of our battle rhythm."

The event encompasses multiple events, but one thing remains the same: developing leadership through tough, realistic decisive action training for a variety of potential missions these troopers might encounter in the battlefield, he said.

"The events of a spur ride test troopers on basic Soldier technical and tactical skills, leadership abilities and teamwork," said Lavendier. "Some examples could be evaluate a casualty, basic knowledge of weapons systems and land navigation, both in day and night."

Before being given the opportunity to don their spurs, troopers are engaged and empowered through the spur ride to develop their individual and collective tasks as a team. Ev-



A silver spur candidate, assigned to 1st Squadron, 17th Cavalry Regiment, 82nd Combat Aviation Brigade, 82nd Airborne Division, assembles an M2 machine gun before moving out to a scenario location at Fort Bragg, N.C., June 19.

erything from starting a fire to communicating with aircraft reinforces individual and unit training tasks, he added.

"One of the tasks was calling close air support," said 1st Sgt. David Kelley, senior enlisted leader, Bravo Troop, 1-17th Cav. "It is crucial for our troopers to understand the type of capabilities our aircraft bring to the fight, but most importantly ensure our troopers know how we can shape

the battlefield from above." Even though the troopers were subject to multiple types of events, they were not alone. Right next to them the entire time was their spur guide – who already has their spurs – who is responsible and accountable to make safety a top priority while providing mentorship throughout the course of the spur ride, Lavendier said.

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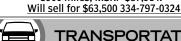
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Hellfire: 1st part of 2-stage improvement process



An AH-64 Apache loaded with Hellfire missiles is given its final checks before conducting a remote Hellfire missile engagement at the Multi-Purpose Range Complex on Fort Stewart, Ga., June 20.

Continued from Page B1

In the recent past, most of the Hellfire training was done in country in Afghanistan or Iraq. But as the U.S. role in those conflicts either changed or ended, it became necessary for the CAB to develop such a range.

"The first time you see or experience something like this shouldn't be when you're in bad guy territory," Senefeld said. "Its crawl, walk, run training, and we are getting to the run phase stateside, which is much better because no one is shooting back at you."

At a time when resources can be difficult to attain, Kline said he is excited for the future of Aviation in the Fort Stewart area.

"Nobody else is training with live Hellfires right now," Kline said. "The last time we fired Hellfires here was in 2006 and we had to close off all access to the post. We had road guards on every gate making sure no one got in."

The Falcon brigade commander said this is the first part of a two-stage process of improving the capabilities for Army Aviation on Fort Stewart. After validating the Hellfire range, the brigade plans on validating a dual-door gunnery range for the UH-60 Black Hawk and the CH-47 Chinook.

"Here at Fort Stewart and Hunter Army Airfield, we are the premier power projection platform on the east coast," Kline said. "However, we have lacked the train-up capability for a long time. With the Hellfire and dual-door capable range we will have one of the most lethal, flexible and agile brigades in the 3rd Infantry Division."

Gray Eagle: Tests use operational scenarios

Continued from Page B1

Results from the test will not be available until months down the road, according to Cote.

"This test is being done by an independent test organization to ensure that the equipment undergoes the rigor of operational scenarios by Soldiers that will be using this capability. The test results will help inform our path forward," Cote said.

Col. Thomas von Eschenbach, Training and Doctrine Command capability manager of UAS, said that the Army is undergoing a lot of efforts to get unmanned systems integrated into the way the Army fights, which goes beyond the system.

"In this test environment, we tend to be very materiel-centric and focused on what the materiel is doing," von Eschenbach said. "It's the training. It's our

concepts and doctrine. It's how we're organized. And the capability that we have is a direct reflection of not only the capacity we have to field a system but the capability of the Soldiers to employ it and use it as we see fit.

"I think we have made great strides in the past 10 years. But I think we have a long way to go to get unmanned systems on par with our manned Aviation systems and get the most out of their capability," he added.

The Army is fielding its seventh, eighth and ninth companies with Gray Eagles this fiscal year for a planned total of 15 fielded companies.

There are over 2,000 OS-RVT systems supporting operational needs in theater including the current version under test. The Army has about 1,000 of the current version of the system fielded.

Tradition: Spur ride pays homage to cavalry history

Continued from Page B1

"My primary function is to facilitate the movement of the team from point to point," he said. "We do our best to keep morale up during the spur ride. Our big thing is that we hope they enjoy the experience. This breaks up the monotony of the work week and works on teambuilding skills."

This spur ride paid homage to the history of the cavalry – the days when troopers were mounted on horseback when they rode into battle, Lavendier said.

"It draws it roots from the tradition of junior troopers in the cavalry not being awarded spurs because they had not learned how to take care of their assigned horse," he said. "To identify junior troopers, the tail of their horse would be shaved. As the trooper grew in experience, the horse's tail would grow back. It's where the term shavetail came from, which is what we refer to the candidates as."

Whether it's air or ground cavalry, there is always one thing that remains the same.

"All troopers in the cav are cavalry troopers – it's the common denominator," said Lavendier. "The tasks they are accomplishing today are not anything out of the ordinary in the cavalry world."

The troopers came together to finish as a team and earn their silver spurs. This was fostered by trust in teambuilding, with them showing genuine concern for everyone and encouraging each other, he added.

"When looking back years down the road, this event will be another feather in the hat," said Lavendier. "It shows that the cav is committed to developing our future leaders and their fellow cavalrymen."



PHOTO BY STAFF SGT. CHRISTOPHER FREEMAN

A cadre member of the silver spur ride watches as candidates lay out their assigned equipment prior to the spur board. The spur board tested the knowledge of candidates on cavalry history and basic trooper tasks.



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JULY 2, 2015

BODY MECHANICS

Day Spa offers retreat from stress

By Nathan Pfau Army Flier Staff Writer

The stress of Army life, whether for Soldiers, family members or the civilian workforce, can become overwhelming, but Fort Rucker offers a way that people on the installation can pamper themselves and find relief.

Body Mechanics Day Spa, located in the Fort Rucker Physical Fitness Facility on Andrews Avenue, offers relaxation and luxury for a reasonable price, said Barbara Leger, licensed massage therapist with Body Mechanics.

"Everyone can (and should) be treated to a special occasion and be pampered, and Body Mechanics has extremely competitive prices and a service available for every income level," she said.

Anyone who is an authorized patron of Directorate of Family Morale Welfare and Recreation services is allowed to make an appointment with Body Mechanics. The spa offers several different services, which include a 30-minute massage for \$25, a 60-minute massage for \$45, a 90-minute massage for \$70, facials for \$30, a retreat for the feet for \$30, a body polish for \$30 and chair massages that are \$1 per min-

"The benefits of massage go hand-inhand with fitness," said Leger. "Massage, historically, has been used to help circulation, muscle soreness and tenderness, and chronic pain to include fibromyalgia and arthritis."

"Blood pressure can be lowered after a massage, and massages increase the chemicals that induce feelings of happiness, as well," she continued. "The sleep cycle can also improve."

The European-style facial is a cleansing facial that includes a facial massage,



PHOTO BY NATHAN PFAU

Barbara Leger, licensed massage therapist with Body Mechanics, gives Elizabeth Ryan, military spouse, a back massage at the Fort Rucker Physical Fitness Facility Body Mechanics Day Spa area.

which creates a healthier look.

"Our retreat for the feet is a 30-minute treatment just for the feet," she said. "It includes massage, hot towels and a mud wrap for the feet. It helps with the health of the skin and tissue, as well as with stress."

The body polish is a 30-minute exfoliation service. The skin on the arms, legs and back is exfoliated with a citrus scrub and is followed by hot towels and moisturizer.

"It is great for people who are getting ready for a special occasion or if they have dry skin. It gives the skin a bright, healthy glow," said the massage therapist.

There are several different styles of massage people can choose from, including pregnancy, Swedish, deep tissue, neuromuscular and hot stone.

It is no secret that Fort Rucker is dominated by flight students, and Leger said that flight students in particular seem to enjoy the relaxation massage.

"I think that they are aware of how much physical stress they are under, but when they come in they are surprised at the amount of mental stress that can be

relieved through a little pampering," she

The act of getting a massage for the first time may seem embarrassing for some and even nerve wracking, but Leger said that the client is in charge and if there is an uncertainty about something the therapist will answer any questions.

"When getting a massage, I first talk to the client about how they are feeling," she said. "If they have any concerns or complaints about a particular area of the body, such as lower back problems or pain in a knee, we can tailor the massage to fit the person's needs for that day."

When clients undress for their massage, they are in the room alone. Leger said that people can undress to their level of comfort. Clients stay covered the entire time, she affirmed.

"While I am working on your back, that is the only thing visible. While I am working on their left leg, that is the only thing visible. And while lying on your back you are covered up to your underarm," she

The spa is open for appointments Mondays through Thursdays from 8 a.m. to 7 p.m., Fridays from 8 a.m. to 5 p.m. and Saturdays from 8:30 a.m. to 2 p.m.

When asked about gratuities, Leger said that tips aren't expected, but are always appreciated, and patrons can leave any tips in the room where the massage took place.

"I am here for people, whether getting a massage or facial for the first time or for people for whom regular massage is their way of life," she said. "The No. 1 thing people need to do if they are nervous is just talk to me. It is truly an honor for me to able to offer a little bit of comfort for the people of Fort Rucker."

For more information or to set up an appointment, call 255-2296.



PHOTO BY NATHAN PFAU

Feeling of flight

Maj. Steven Murty, chief of Aviation physiology at the U.S. Army School of Aviation Medicine, helps Fort Rucker Child, Youth and School Services children as they settle into the hypobaric chamber located at the USASAM facility behind Lyster Army Health Clinic June 17. The children got the opportunity to learn about differences in air pressure and how it affects pilots, and experience some of the training that Aviators must endure.

VOLUNTEER OPPORTUNITIES

Silver Wings Golf Course

Project: Volunteers needed for Pro AM Aug. 14-16 and Ladies Professional Golf Tournament Aug.

For more information, call 598-2449

Special event Project: SHARP 5K

Duties: Involves working with children or youth on a short-term basis. Volunteers working with children or youth on a short-term basis are not required to have a background check, but must be under line of sight supervision by an individual who has a completed full background check.

For more information, call 255-3957.

Army Community Service

Position: Spouse and Family Master Resilience

Duties: Candidates will attend a 10-day MRT course instructed by experts in the field of positive psychology. Classroom instruction is generally eight hours per day with a one hour break for lunch. Start time is generally at 8:30a.m. and the class ends

at 4:30 p.m. Each course may be slightly different based upon the guidance from local command. Instruction is split between plenary sessions, which introduce specific skills, and didactic sessions, where participants learn the application and education of the skills.

For more information, call 255-1307.

Position: Army Family Action Plan Conference (Nov. 4-5) Marketing Coordinator

Duties: Attend required ACS and AFAP volunteer training sessions. Attend AFAP Advisory Council meetings. Submit AFAP marketing status report during advisory council meetings. Develop promotional advertising to enhance the visibility of AFAP, including media relations with flyers, posters, pamphlets, newspaper, television and installation briefings. Attend after-action review meetings and provide input for the final AAR. Serve as a spokesperson for the AFAP program. Adhere to guidelines as outlined in Army Regulation 608-47, AFAP Program Handbook and the installation AFAP Program standard operation procedure.

For more information, call 255-9637.

Position: Observer for the AFAP Conference,

Nov. 4-5 Duties: Attend required volunteer training sessions. Observe proceedings. Work with AFAP program manager to ensure facilitator, transcriber, issue support, staff support personnel, subject matter experts and delegates are not holding the AFAP process back. Attend after-action review meetings and provide input for the final AAR. Serve as a spokesman for the AFAP program. Adhere to the guidelines as outlined in AR 608-47, AFAP Program Handbook and the Fort Rucker AFAP Program SOP.

For more information, call 255-9637.

Position: Family Advocacy Program Activities

Duties: Support FAP by assisting personnel with general tasks, such as stocking inventory and organization. Conduct inventory and stocking, assist with organizing resource library, and help with shredding and box breakdown. As a benefit, ACS officials said the volunteer will gain knowledge of

Family Advocacy Programs. For more information, call 255-3246 or 255-1429.

YOUR WEEKLY GUIDE TO FORT RUCKER EVENTS, SERVICES AND ACTIVITIES. DEADLINE FOR SUBMISSIONS IS NOON THURSDAY FOR THE FOLLOWING WEEK'S EDITION.

Summer Craft Activity

The Center Library will host a summer craft activity Tuesday from 3:30-4:30 p.m. for children ages 3–11. Light refreshments will be served. The event is open to authorized patrons, but space is limited to the first 65 children to register.

To register or get more information, visit the library or call 255-3885.

ScreamFree Parenting Workshop

Army Community Service offers a ScreamFree Parenting workshop July 9, 16 and 23 from 9:30-11 a.m. at The Commons. According to organizers, ScreamFree Parenting is not just about people lowering their voices - it's about them learning to calm their emotional reactions and learning to focus on their own behavior more than children's behavior for the entire family's benefit. This workshop is free and open to active duty and retired military, Department of Defense employees and family members. The deadline to register is Tuesday.

People who want to attend must call the family advocacy program at 255-3898 to register for the event and to discuss childcare coordination.

Employment readiness class

The Fort Rucker Employment Readiness Program hosts orientation sessions monthly in the Soldier Service Center, Bldg. 5700, in the Army Community Service multipurpose room, with the next session July 9. People who attend will meet in Rm. 350 at 8:45 a.m. to fill out paperwork before going to the multipurpose room. The class will end at about at 10:45 a.m. The sessions will inform people on the essentials of the program and provide job search tips, as well. Advance registration is required and attendance at a session is mandatory for participation in the program.

For more information, call 255-2594.

Financial readiness training

Army Community Service will host its financial readiness training July 10 from 7:20 a.m. to 4:15 p.m. in the Soldier Service Center, Bldg. 5700, Rm. 284. Personal financial readiness training provides a practical approach to help Soldiers manage their money more effectively. This training is required for all first-term junior enlisted Soldiers (E-1 through E-4). Spouses are also welcome to attend.

For more information, call 255-9631 or 255-2594.

Resilience Training

Army Community Service will host resilience training July 14 from 9-11:30 a.m. at The Commons to help people learn the skills that will help them and their family become resilient. Participants will receive training in two to three skills, such as real-time resilience, identifying character strengths in self and others, and challenges and leadership. People need to register by

For more information or to register, call 255-3735.

ScreamFree Marriage Workshop

The Fort Rucker Family Advocacy Program will offer a ScreamFree Marriage workshop July 13, 20 and 27 from 11 a.m. to 1 p.m. at the Bowden Terrace Community Center. Family advocacy will cover childcare for interested participants. All children must be enrolled in child, youth and school services in order to utilize childcare. Childcare space is limited and should be coordinated well in advance of the workshop. The deadline to register is Wednesday.

To register, arrange for child care or get more information, call 255-3898.

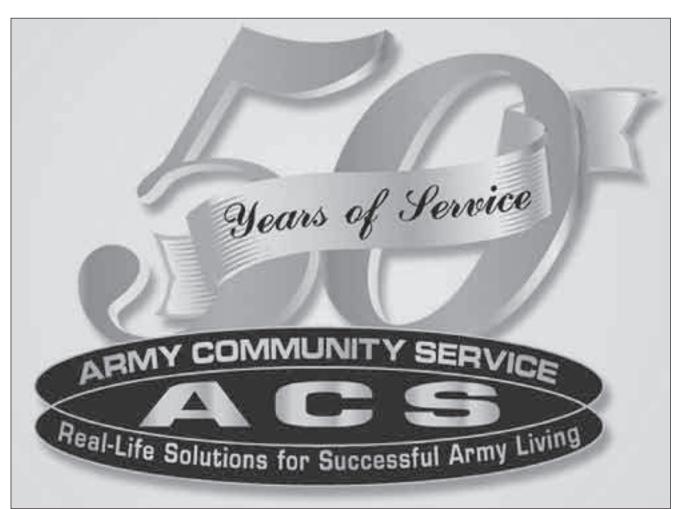
'The Little Mermaid'

MWR Central will host a trip to Montgomery July 16 for a matinee production of Disney's "The Little Mermaid" at the Alabama Shakespeare Festival. The bus will leave Fort Rucker at 8 a.m. First, there will be a stop at the Montgomery Museum of Fine Arts where attendees will have lunch - not included in the pricing -or people may bring a lunch to eat at the surrounding grounds. The play begins at 2 p.m. Prices are \$45 for adults and \$35 for children, ages 4 and up. The trip is limited to 27 people.

For more information or to sign up, call 255-2997 or 255-9517.

Fort Rucker Area Job Fair

The 12th annual Fort Rucker Area Job Fair is scheduled for July 15 from 10 a.m.



ARMY GRAPHIC

ACS 50th birthday

Army Community Service will celebrate its 50th birthday July 24 at 11 a.m. Officials welcome people to join past and current staff members for cake at The Commons, Bldg. 8950, while supplies last. For more information, call 255-3817.

to 2 p.m. at Enterprise High School Gymnasium. This event will be hosted by Fort Rucker Soldier for Life Transition Assistance Center and Army Community Service. The event is open to the public and free to all job seekers. Representatives from government contractors, employment agencies, the federal government and local companies will be at the fair.

For more information, call 255-2558 or 255-1117.

Corvias movie night

Corvias Military Living will host a movie night July 17 at the Bowden Terrace Community Center pool with a showing of "Big Hero 6." The event will also feature free games, giveaways, food and freeze pops for residents.

Illusionist Wayne Hoffman will perform July 17 from 7-8:30 p.m. at The Landing. Doors open at 6:30 p.m. The show is billed as family friendly for ages 12 and older. Ages 12–17 must be accompanied by an adult. Tickets are \$12 in advance until noon July 17. Tickets sold after that at the door will be \$16. Tickets may be purchased at The Landing, Coffee Zones or MWR Cen-

For more information, call 255-9810.

Newcomers welcome

Army Community Service will host a newcomers welcome July 17 from 8:30–11 a.m. at The Landing. Active-duty military, spouses, foreign students, Army civilians and family members are encouraged to attend. A free light breakfast and coffee will be served. For free childcare, people can register their children at the Fort Rucker Child Development Center by calling 255-3564. Reservations must be made 24 hours prior to the newcomer welcome.

For more information, call 255-3161 or 255-2887.

Volunteer recognition ceremony

Army Community Service will host its quarterly Army volunteer recognition ceremony July 23 at 10:30 a.m. in the U.S. Army Aviation Museum. For more information, call 255-1429.

Deep sea fishing trip

Fort Rucker Outdoor Recreation will host a deep sea fishing trip aboard the Vera Marie in Destin, Florida, July 25. All trip goers need to do is sit back, relax and enjoy a day of fishing, according to ODR staff. The bus will depart Fort Rucker at 3 a.m. from the West Beach, Lake Tholocco parking lot and return at 8 p.m. ODR recommends people bring a small cooler with drinks and snacks (no glass). The staff plans to stop on the way back to get food, but the cost for food is not included in the fish cut and cleaned at the end of the trip.





price. The cost is \$65 per person, plus a The trip is open to the public, but limited tip. The price includes transportation to and from Destin, bait, rod, reel, fishing license, six-hour fishing trip, and people's

to 36 participants.

For more information or to sign up, call 255-4305 or 255-2997.

RUCKER MOVIE SCHEDULE FOR

Friday, July 3

Saturday, July 4

Terminator Genisys 3D (PG-13)

Sunday, July 5

.....7 p.m. TICKETS ARE \$6 FOR ADULTS AND \$5 FOR CHILDREN, 12 AND UNDER. MILITARY I.D. CARD HOLDERS AND THEIR GUESTS ARE WELCOME. SCHEDULE SUBJECT TO CHANGE. FOR MORE INFORMATION, CALL 255-2408.

Thursday, July 2

Terminator Genisys 3D (PG-13)

Terminator Genisys 3D (PG-13)7 p.m.

Closed for Independence Day.

Soldiers a home run at Nationals Park

By Lora Strum *Army News Service*

WASHINGTON — Batter up! The Washington Nationals Major League Baseball team stepped up to the plate for Army Day June 25.

The team honored Soldiers during their game against the Atlanta Braves.

Sgt. Maj. of the Army Daniel A. Dailey threw out the ceremonial first pitch. Next on the green, 12 Army children were accompanied around the bases by Nationals players. Waving and high-fiving, Screech, the Nationals' mascot, donned Army fatigues to join in the fun.

"I'm so thankful to represent our nation's team of 1.3 million Soldiers and families who are serving in 140-plus countries across the globe," Dailey said. "It was a thrill and honor to be part of the American tradition of baseball and represent America's Army in National's stadium."

Lt. Gen. Joseph Anderson, deputy chief of staff, Army G-3/5/7, delivered the game ball.

"Events like Army Day at Nationals Park are a wonderful opportunity to showcase the Army's greatest asset, the American Soldier," Anderson said. "The support of the Washington Nationals and the American public reminds us of why we do what we do and strengthens the bond between our citizens and our Soldiers."

Gathered near home plate before family and friends, fans and athletes, nine Soldiers reenlisted and swore their continued commitment to the force. Maj. Gen. Gary



PHOTOS BY LISA FERDINANDO

Screech, the mascot of the Washington Nationals baseball team, greets Army Sgt. Anna Ruhstorfer during Army Day at Nationals Park in Washington, D.C., June 25.

H. Cheek, assistant deputy chief of staff, Army G-3/5/7, administered the oath. Soldiers were escorted on and off the field by 75 members of the 3rd U.S. Infantry Regiment (The Old Guard.) The U.S. Army Fife and Drum Corps provided music for the event.

Sgt. Michael Goude, 704th Military Intelligence Unit, Fort Meade, Maryland, said it was gratifying to take the oath in front of thousands.

"It's nice to know that since I serve the people of the U.S., that I can reaffirm in front of them my commitment to the Army and government. It makes me very proud of what I do," Goude said.

Retention of valued service members through reenlistment ceremonies is important to all branches of the military.

National Guardsman Sgt. Kimberly Hall, a member of the For-

ward Support Company, 276th Engineer Battalion, Petersburg, Virginia, plans to make the Army a career. A reenlistment is one more step in the right direction.

"It's an incredible feeling to know the populace is still behind us," she said of the support from the stands. "I feel like I can contribute to something for a greater cause than just for myself."

Also joining the pre-game fes-

tivities was Col. Adam Rocke from the Soldier for Life program. Soldier for Life focuses on connecting Soldiers, veterans and Families with education, employment, health resources and opportunities throughout their military careers.

The game ended 7-0 in favor of the Nationals, while the Army found itself up by nine Soldiers committed to serving their country.

Travelers lodging pilot seeks efficiencies

By Sgt. 1st Class Tyrone C. Marshall Jr. *Department of Defense News*

WASHINGTON — The Defense Department launched an integrated lodging program pilot June 15 designed to provide quality government and commercial lodging, with greater safety and security and

better services at reduced rates.

Dane Swenson, the lodging program's project manager, discussed the elements of the pilot program.

"There's really four pieces that we need to get right," said Swenson, who is also the chief of travel transformation for the Defense Travel Management Office. "One is the policy, the other is the program. The third piece is the strategic sourcing and the last part is the (information technology) interface, which is the Defense Travel System."

Procedural changes

"What we're doing is giving the traveler a single interface," he explained. "Basically, what will happen then is that you'll be able to go eventually to one place – the Defense Travel System – to book all your lodging."

Previously, he said, the traveler had to guide themselves through the process.

When filing the travel voucher, everything from room rates to the traveler's government travel card information will already be embedded in the system, Swenson said

Travelers "will be able to book safe, secure rooms," he said.

Travelers, however, should not contact their commercial travel office to book government lodging, officials said. Travelers can, however, contact their CTO for assistance with booking commercial lodging.

Program's inception

The pilot program was created to ensure "duty of care," and to comply with Office of Management and Budget directives regarding efficiency.

"Duty of care," Swenson explained, "is taking care of our travelers while they're traveling, making sure they can get good accommodations. We know where they are, they can contact (us), they can go online."

The other component – efficiencies – is no less important, he said.

"There have been a lot of efficiency initiatives," Swenson said. "One was driven by OMB Memo 12-12, and it basically came out and (directed) federal agencies look at reducing your travel by 30 percent."

Additionally, he said, OMB Memo 13-02 suggested looking at strategic sourcing so the commercial side of lodging is primed to do lifecycle strategic sourcing to get better rates, amenities, and safety and security features built into what is offered to DOD travelers.

Several pilot sites

Currently, Swenson said, certain components such as preferred commercial lodging are already available in the Defense Travel System at seven initial pilot sites:

- Joint Base Charleston, South Carolina;
- Wright-Patterson Air Force Base, Ohio;
- Select Norfolk, Virginia-based
- installations;Naval Support Activity Saratoga
- Springs, New York;Seattle-Tacoma International Airport,
- Washington;
 MacDill Air Force Base, Tampa,
- Florida; and
 Marine Corps Air Ground Combat

Center, Twentynine Palms, California. "Then we're going to do a soft launch through all the different DOD lodging pro-

grams," he said.

As of the pilot launch date, Air Force
Inns will be active, and Navy Gateway
Inns and Suites and Army lodging are expected to be active within the next week
followed by Navy Lodge.

"The last piece will be the Marine transient program," he said.

Travelers' protection, convenience

These changes are about quality, protection and convenience for the traveler, Swenson said.

"We're looking at the quality of the property for the traveler," he said, "and making sure that they meet all of the standards." In addition, for "traveler safety and security, we're making sure that the properties are well lit, interior opening rooms, etc."

Additionally, he said, financial protections are being looked at to ensure travelers are protected from paying extra fees and that sort of thing.

"And the last part is the convenience," Swenson said. "The whole thing (with) convenience online, but with that, that the travelers are getting a set of amenities."

Citing information from surveys where travelers were asked what amenities they would like to see, Swenson said the program will include properties with free Internet and parking "100 percent of the time."

DTS 'workhorse'

During this pilot program, Swenson said, "DTS is the workhorse" and will perform many of the tasks travelers previously had to do themselves, such as reservations.

"It goes out to these global distribution systems," he said, "and pulls in all of the reservation information. For the government lodging it goes to multiple service systems to bring back the lodging information."

Swenson said that DTS guides the traveler through the process, while keeping

them from making mistakes. There are preaudits and pop-up menus, he said, so travelers can make a reservation at the right location and comply with government travel policies and business rules.

More information

Travelers will not always be directed to government lodging before DOD preferred commercial lodging and "the simple answer for travelers is you have to check first where your orders say you are going," Swenson said.

If you are traveling to a government installation at a pilot site, "you're supposed check the government lodging first," he said. If government lodging is not available, or when TDY to a pilot site metro area, travelers are directed to book preferred commercial lodging before booking other lodging options. "It depends what your (approving

official) put on your orders."

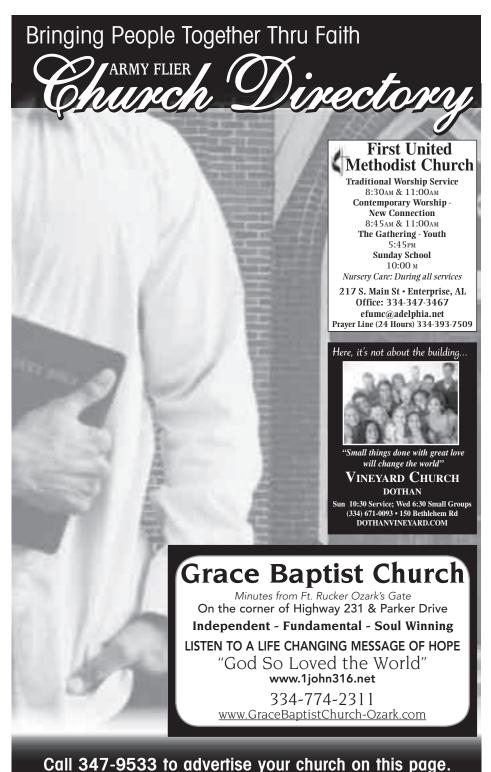
DOD says that travelers benefit from the program pilot because of the choices and protections it offers, Swenson said.

"I think it's a win for them," he said. "It's not just efficiencies. We're looking at balancing taking care of our service members and our civilians with the efficiencies in the department."

Swenson encouraged travelers to use the DTMO's customer service survey to provide feedback

vide feedback.

"We'd encourage them to give us the feedback," he said, "because this is a pilot, and we already have a list of enhancements of what we're looking at, as we move forward we expand the pilot. We want to incrementally improve the program and to take care of our people because we think we really have a duty of care responsibility to all of our travelers."





WHICH ONE ARE YOU GONNA TAKE?

Alabama Road Trip: Abbeville, also known as Yatta Abba, City of Dogwoods

By Alabama Department of Travel Press Release

Abbeville is the county seat of Henry County. It is located in southeastern Alabama in the Wiregrass region and, according to local history, was known as Yatta Abba by the Creek inhabitants.

Abbie Creek runs through the town and future Alabama governor William Calvin Oates established a law practice in the town in 1859. During the Civil War, he raised a company of Abbeville men that fought at Little Round Top in the Battle of Gettysburg.

Today, Abbeville is called "the City of Dogwoods" because they still bloom along Abbie Creek and are abundant in many other parts of the city.

Tucked away in the southeastern corner of Alabama since 1823, Abbeville was shrinking into obscurity. Thanks in part to the commitment and passion of a man many have seen on television many times, it is being revitalized.

Jimmy Rane, the big guy wearing the bright yellow hat and cowboy boots in TV commercials, known as the "Yella Fella," headed up a posse of business leaders dedicated to saving their hometown. The changes they've made are quite striking.

As other merchants and citizens worked to restore Abbeville's small-town charm. Rane focused his attention on turning an old Standard Oil Filling Station into office space for his company, Great Southern Wood Preserving, Inc. He also made a 1950s-style restaurant named Huggin' Molly's a local mainstay and gave many downtown buildings a facelift.

Each April, and at various other times during the year, you can follow the antics of the Yella Fella. You can also

meet a "hugging ghost," see the former home of a civil rights pioneer, and discover the history and heritage of the place Native Americans called "Yatta Abba," meaning "a grove of dogwood trees."

Probably one of the first sites you'll reach is the Old Standard Oil Filling Station on Washington Street. You can't get gas there and you can't tour the interior of the building as it houses some of the Yella Fella's company offices. You can, however, pull in and view the exterior, filling up on a slice of Americana when you do. Be sure to carry a buddy along and have a camera in hand as this still very retro-looking building makes for good conversation and a great photo opportunity.

Downtown Abbeville is where you will see much of the handiwork of Rane. He has restored many of the storefronts and office buildings, including the facade of the Archie Theater where he used to watch western movies on Saturday afternoons.

As the founder and CEO of the world's leading producer of pressure-treated lumber products, Rane never minds slipping into his whimsical Yella Fella cowboy character to promote the history of Abbeville and bring vivid memories to life for a new generation of residents and visitors.

At the Pioneer Cemetery located behind First Baptist Church at 100 Columbia Road, the stories from the grave are endless. A burial plot at the cemetery bears the name of one Cinderella Phoebe Hutto Epsy. Of course, it's not a memorial to the Cinderella from the fairytale, but the mere thought of having perhaps the only burial site dedicated to a Cinderella gives Abbeville boasting rights. One marker bears the names of seven children all in one grave. Another tells of a local citizen who lived to be 110 years old, and yet another remembers Abbeville's real Huggin' Molly.

On your journey, you'll discover retail establishments offering great discounts and diverse shopping opportunities, such as Town Square Shoppes and Dogwood Abbey's. You'll also get to meet wonderful people who value friendships and family traditions and are always willing to give you a glimpse of life in their hometown.

Before leaving Abbeville, be sure to pull to the side of the road to read and photograph the historic marker (1 mile west of U.S. Hwy. 431 on AL Hwy. 10) near the farmstead where Rosa Parks lived as child. While many people tend to connect Montgomery with the 42-year-old seamstress who made history as the "Mother of the Civil Rights Movement in America," few realize that the little girl born Rosa Louise McCauley in Tuskegee spent a short part of her childhood in Henry County.

Parks moved with her family to her grandparents' 260acre farm on the outskirts of Abbeville shortly after she was born on Feb. 4, 1913. In 1915, she and her mother moved to Pine Level. She married Raymond Parks in 1932. In 1943, she joined her husband as a member of the NAACP. Parks championed her first cause for civil rights when she returned to Abbeville and Henry County in 1944 to investigate the alleged rape and abduction at gunpoint of a young African-American woman by seven white men.

Today, a small, run down, wooden house with a battered tin roof in the middle of Abbeville farmland is all that remains of the place that cradled Parks as a baby. The roadside marker, however, serves as a testament to the genteel woman who was not afraid to fight the giants of racism and prejudice in the South. In taking on the case of injustice in Abbeville, Parks was already in the process of launching a movement that would ultimately change the world.

IREGRASS COMMUNITY CALENDAR

IF YOU WOULD LIKE TO ADVERTISE YOUR EVENT, EMAIL JIM HUGHES WITH ALL THE DETAILS AT JHUGHES@ARMYFLIER.COM.

ANDALUSIA

JULY 10-11 — The World Championship Domino Tournament begins at 8 a.m., with registration beginning at 6:30 a.m., at the Kiwanis Fair Complex. People may attend for free, but fees apply to enter the tournament. For more information, visit http://www.worlddomino.com.

ONGOING — Andalusia Public Library offers free practice tests. Patrons can choose from more than 300 online tests based on official exams such as the ACT, SAT, GED, ASVAB, firefighter, police officer, paramedic, U.S. citizenship and many more. Patrons may select to take a test and receive immediate scoring. Test results are stored in personalized individual accounts, accessible only to patrons. Call 222-6612 for more information.

DALEVILLE

ONGOING — Daleville Chamber of Commerce meets the second Wednesday of each month at noon at the Chamber of Commerce office in the Daleville Cultural and Convention Center. For more information, call 598-6331.

DOTHAN

NOW-JULY 25 — The Poplar Head Farmers Market takes place Saturdays (except for July 4) from 8 a.m. to noon at the Dothan Civic Center. The open-air market features fresh vegetables, fruits, flowers, locally prepared foods and specialty items. For more information, visit www. poplarheadfarmersmarket.com.

ONGOING — The American Legion Post 12 holds monthly meetings on the second Thursday of each month at 7 p.m. Meetings are held at the VFW on Taylor Road. For more information, call 400-5356.

ONGOING — Veterans of Foreign Wars Post 3073 Wiregrass Post membership meetings are at the post headquarters at 1426 Taylor Road every third Tuesday of the month at 6:30 p.m. There is a fish fry every Friday night from 5-7 p.m., then karaoke beginning at 6 p.m. Breakfast is served Sundays from 8-11a.m. The post can host parties, weddings, and hails and farewells.

ENTERPRISE

ONGOING — Reformers Unanimous, a national Christ-centered addictions program headquartered in Rockford, Illinois, is starting a chapter in Enterprise. Faith Baptist Church, 4481 Rucker Boulevard, will host the program Fridays from 7-9 p.m. The program is open to all adults who struggle with an addiction. For more information, call 790-2058.

ONGOING—The American Legion Post 73 meets at the American Legion building at 200 Gibson Street on the fourth Saturday of each month beginning at 9 a.m. The building is across the street from the Lee Street Baptist Church. For more information call 447-8507.

GENEVA

ONGOING — The Geneva County Relay for Life meets the last Tuesday of the month at 6 p.m. at the Citizens Bank. For more information, call 248-4495.

MIDLAND CITY

ONGOING — Residents are invited to town hall meetings on the first Tuesday of each month at 5:30 p.m. at Town Hall, 1385 Hinton Waters Ave. For more information, call 983-3511.

NEW BROCKTON

JULY 23 - Disabled American Veterans Chapter 99 will meet at 6 p.m. in the New Brockton Senior Center, which is located one block behind the New Brockton police station. Food and drinks will be served, followed by regular chapter business and election of new leaders for the next year. Officials invite veterans throughout the Wiregrass to join as new members. For more information, call 718-5707.

ONGOING — Tuesdays and Wednesdays, from 10 a.m. to noon, Disabled American Veterans Chapter 99 maintains a service office in the New Brockton Police Station at 202 South John Street. The office will assist veterans who were injured or disabled while in military service. DAV service officers help veterans and their spouses with disability compensation claims, Veterans Affairs pensions, death benefits, VA medical care, Social Security disability benefits, veterans job programs, homeless veterans services and other veteran services. All veteran services are provided free of charge. For more information, call 718-5707.

OZARK

AUG. 15 — The Claybank Jamboree Pageants is scheduled for 3 p.m. at the Flowers Center for the Performing Arts. The pageant is open to girls living in Dale County, with six categories for ages 4-18. Deadline to enter is Aug. 7. Applications are available online at www.ozarkalchamber.com/forms or by calling 774-9321.

OCT. 3 — The Claybank Jamboree is scheduled for Oct. 3 and officials expect 8,000 people to attend. Applications for art, craft and food vendors are being accepted. This interested can get an application at www.ozarkalchamber.com/forms. For more information, call 774-9321.

THROUGH JULY 25 — The Ann Rudd Art Center and the Dale County Council of Arts and Humanities will sponsor a celebration of painter Jack Deloney's work. The Ann Rudd Art Center is located downtown on the Square, 144 East Broad Street. The art center is open Tuesdays and Wednesdays from 11 a.m. to 4 p.m., and Saturdays from 1-4 p.m. There is no admission charge to see the

PINCKARD

ONGOING — The public is invited to

the Cross Country Workshop every Sunday at 6 p.m. at the Pinckard United Methodist Church. For more information, call 983-3064.

SAMSON

ONGOING — The Samson City Council meets monthly the first and third Tuesdays at 5:30 p.m. at the Samson Community Center.

ONGOING — American Legion Post 78 meets monthly on the second Tuesday at 7 p.m.

ONGOING — The Pioneer Museum of Alabama invites people to learn to cook like a pioneer. The museum's Hearthside Meals offers the opportunity to learn to cook in a Dutch oven and on a wood stove, and then participants get to enjoy the meal. Cost is \$15 per person, and includes the cooking class and the three-course meal. Pre-registration is required and is limited to 15 people. For more information or to book a spot, call 334-566-3597.

ONGOING — Troy Bank and Trust Company sponsors senior dance nights every Saturday night from 7-10 p.m. at the J.O. Colley Senior Complex. The complex is transformed into a dance hall and features music from the 40s, 50s, and 60s with finger foods and refreshments. For more information, call Janet Motes at 808-8500.

WIREGRASS AREA

ONGOING — The Marine Corps League, Wiregrass Det. 752, welcomes all Marines, Navy corpsmen and chaplains, and their families, to its monthly meetings. Meetings are held the first Thursday of each month at 7 p.m. Attendees are welcome to arrive early for food and camaraderie. The next meeting will be at the Golden Corral in Dothan. For more information, call 718-4168 or 805-7335.

Beyond Briefs

Friday Fest

Friday Fest in downtown Panama City, Florida, is Bay County's largest street festival with more than 200 show cars, 50 vendors and live bands – filling up six blocks of Harrison Avenue the first Friday of each month from 6-10 p.m. Local shops and restaurants stay open late.

Montgomery Biscuits

The Montgomery Biscuits, the Double-A affiliate of Major League Baseball's Tampa Bay Rays, plays in the Southern League. The Biscuits' season is in full swing with regular games at Montgomery's Riverwalk Stadium.

For information on the team, including the schedule, ticket prices, directions to the stadium and the latest news, visit www.biscuitsbaseball.com.

Fun in Montgomery

Every second Saturday now through August, visitors are invited to join the people of Montgomery at Riverfront Park for a family-friendly event from 5-9 p.m. The fun includes live entertainment, games for all ages (bocce ball and more), food vendors and more.

For more information, call 334-625-2100 or visit www. funinmontgomery.com.

Nature Connects LEGO® Bricks Exhibit

Now through July 26, the Huntsville Botanical Garden features certified LEGO® Artist Sean Kenney's exhibit consisting of 27 sculptures, making up 14 displays, created from nearly 500,000 LEGO® bricks. Inspired by the garden and wildlife, the exhibit ranges from six inches to

nearly eight feet. See birds to flowers, butterflies to garden tools. The garden is located off of I-565 Exit 15 on Bob Wallace Avenue. Admissions is free for members, and costs \$12 for adults and \$8 for children ages 3-18.

For more information, visit http://hsvbg.org/.

Native American Pottery Workshop

Fort Payne's Little River Canyon Center Educational Center will host a Native American pottery workshop July 11 from 10 a.m. to noon with nationally renown potter Tammy Beane to show how pottery was made on Lookout Mountain thousands of years ago. The center will provide the clay, as well as bone needles and paddles to make designs on people's pots. This workshop usually fills up fast, so people are encouraged to pre-register early. Cost is \$15 for adults and \$5 for children

For more information, visit http://www.jsu.edu/epic.

By Army Sgt. 1st Class Tyrone C. Marshall Jr.

Department of Defense News

WASHINGTON — Hiring military veterans as they transition back into America's communities is beneficial for businesses and the nation, the vice chairman of the Joint Chiefs of Staff said June 24.

Navy Adm. James A. Winnefeld Jr. spoke before the U.S. Chamber of Commerce's Mission Transition Summit where he encouraged businesses to hire veterans and their spouses and dispelled misconceptions connecting veterans and post-traumatic stress.

Reasons to hire vets

Winnefeld said there are many good reasons why American businesses should hire veterans.

"First, our people motivated by the right ideals," Winnefeld said. "Our recruiting statistics show that most of these folks entered the military because they wanted to do something important."

The vice chairman pointed to a recent survey that said people join the military for reasons of "pride. self-esteem, and honor, followed by a desire to better their lives, then duty and obligation to country and everything else you would imagine came after that."

Winnefeld added, "I would sure want to hire someone mature enough at a young age to think of country before self. Americans can count on the fact that we've only added to that maturity over their time in uniform."

A diverse workforce

Winnefeld said the military has invested in a diverse workforce, including additional education.

"In many cases," he said, "these veterans offer technical expertise directly relevant to the job for which they're applying. In other cases, they bring the ability to quickly absorb new training in a skill similar to what they might have been doing in the service."

The vice chairman said veterans "just know how to learn," and that service members gain highly sought-after skills and experiences during their time in the military.

"It's a diverse workforce that made the cut to get into the military in the first place from a generation in which only three of 10 young people qualify," the admiral

Key attributes

Winnefeld cited more than 40 years of peer-reviewed academic articles from several fields suggesting several key attributes required for success in business and industry that the military passes onto its veterans. These include being entrepreneurial, assuming high levels of trust, being adept at skills that transfer across contexts and tasks, leveraging advanced technical training, advanced teambuilding, he said.

"Who wouldn't want these characteristics in their workforce?" he asked. "And that's before you consider the tax credits that are available under several programs under which you can hire a veteran."

Character

Winnefeld also lauded what he called the "vital" values veterans bring to any organization –values that include loyalty, integrity and

"When asked about employees they've recently released, employers most often cite character flaws rather than gaps in skill as their rationale," he said. "Well, we're pretty good at ironing out character flaws in the military, yet many companies hire for a skill set listed in a vacancy announcement, not character."

Higher performance

The vice chairman also cited a study by CEB aimed at capturing the value proposition of veteran employees.

"They found that veteran performance is 4 percent higher than for nonveterans and that veterans experience 3 percent less turnover," he told the audience.

"When you apply this to a company with a workforce of only 25 percent veterans," Winnefeld added, "that translates into at least an extra percent or two in annual revenue.'

A survey conducted by the job-



Navy Adm. James A. Winnefeld Jr., vice chairman of the Joint Chiefs of Staff, speaks during the Mission Transition conference in Washington, D.C., June 24.

search company Monster notes that 99 percent of employers believe their veteran employees perform better than, or as well as, their nonveteran peers, the vice chairman noted.

Winnefeld said hiring veterans should not be looked upon as an act of charity, but rather as an act of patriotism, because it actually contributes to the military's fu-

Helping veterans transition

The admiral also discussed what the military is doing to help its service members as they transition to

"We recently redesigned our Transition Assistance Program ... to provide contemporary, relevant, and mandatory information, tools and training to ensure our members are prepared for civilian life," he said. "This year, the services will begin implementing the Military Life Cycle model into their TAP programs, er equivalency certifications that we can find."

including grabbing on to whatev-

Military leaders recognized that simply briefing people as they walk out the door will not lead to their success, Winnefeld said. This model is designed to ensure service members' careers are aligned with their civilian career goals and highlight things that they should address well before they separate, he explained.

Successful transition is ultimately an individual responsibility that requires planning and deliberate execution, the admiral said, and the military has made transition a leadership priority.

"I believe it's going to take a while to get our program right," he acknowledged, "and we definitely need your feedback - what we're looking for is continuous improvement over time."

Misconceptions about vets

But despite programs to assist

with hiring transitioning service members, Winnefeld said, veterans still face stereotypes that can raise barriers to their ability to find employment.

"Many prospective employers are scared off by the misimpression that veterans suffer disproportionately from post-traumatic stress," the admiral said. "Indeed, 46 percent of (human resources) pros surveyed by the Society for Human Resource Management cited PTS and mental health issues as potential barriers to hiring employees with military experience. What a shame."

The reality, he said, is that while a small minority of veterans do experience post-traumatic stress and mild traumatic brain injury, their susceptibility to it is no greater than the average American.

Moreover, Winnefeld said, these conditions can be treated, and may well be better treated for some veterans than any other sector of society – although there is still much more that can be done.

"But there's no data that confidently links PTS with a propensity for violence, so we need to dispense with that narrative," he added.

'Win-Win'

encouraged all Winnefeld Americans to take an interest in successfully transitioning the nation's veterans, who have regained their rightful place of dignity in America that they'd unfairly lost decades ago in the wake of the Vietnam War.

That dignity, Winnefeld said, is extended and leveraged in a "good and honorable and profitable way when these magnificent men and women come home and their talents are put to use in the private sector."

He added, "I don't use the phrase 'give them a job' – that sounds like a handout. I much prefer, 'recognize their exceptional potential to make a solid contribution to the bottom line."

Hiring veterans is a "win-win" proposition, the vice chairman said – one that benefits the nation's veterans as well as America's busi-

Commemoration show honors **Vietnam War veterans**

Military District of Washington

Press Release

JOINT BASE MYER-HENDERSON HALL, Va. — Vietnam veterans from across the nation were honored during a special Vietnam Commemoration Twilight Tattoo hosted by Gen. Daniel B. Allyn, vice chief of staff of the Army, and held on Summerall Field, Joint Base Myer-Henderson Hall.

President Barack Obama proclaimed May 28, 2012, through Nov. 11, 2025, as the period for the Commemoration of the 50th Anniversary of the Vietnam War.

The objectives of the commemoration include highlighting the service of the armed forces during the Vietnam War, recognizing the contributions and sacrifices made by the allies of the United States during the war and to thank and honor the veterans themselves, including personnel who were held as prisoners of war or listed as missing in action, for their service and sacrifice on behalf of the United

MDW's Twilight Tattoo, performed by the Soldiers from the 3rd U.S. Infantry Regiment "The Old Guard" and U.S.

Army Band "Pershing's Own," can trace its own history back to the years before World War II. At that time, on the grounds of Fort Myer, the 3rd Cavalry Regiment held military shows during the winter months. MDW revived the traditional show in 1961 to showcase the talents of its ceremonial units.

As Twilight Tattoo grew in popularity, the Army adapted the show, its location and the time of year it was performed to fit the growing needs of the American people. Settling on performances in Washington, D.C., throughout the summer months, has allowed for thousands of audience members to experience the ceremony and pageantry of the United

The show runs through Aug. 19 every Wednesday. Twilight Tattoo will be performed on Joint Base Myer - Henderson Hall's Whipple Field from July through August.

The performance is free and open to the public. For more information on group reservations, contact the U.S. Army Military District of Washington at (202) 685-2888 or send an email to usarmy.mcnair.mdw.mbx.jfhq-ncr-pao-web-



PHOTOS BY STAFF SGT. JENNIFER C JOHNS

Soldiers from the 3rd U.S. Infantry Regiment "The Old Guard" conduct a Twilight Tattoo performance on Summerall Field, Joint Base Myer



Audience members from all over the nation enjoy the performances of the Soldiers of the 3rd U.S. Infantry Regiment "The Old Guard" and the U.S. Army Band "Pershing's Own" as they perform.





Pick-ofthe-litter

Meet Puss n Boots. She is a 2-year-old, orange female tabby cat available for adoption at the Fort Rucker stray facility. She is extremely friendly and affectionate. Adoption fees vary per species and needs of animal, which includes all up-to-date shots, the first round of age-appropriate vaccinations, microchip and spaying or neutering. For more information on animal adoptions, call the stray facility at 255-0766, open from 8 a.m. to 3 p.m. All adoptable animals are vet checked and tested for felv/fiv (for cats) or heartworm for dogs (over six months) and on flea prevention. The facility needs donations such as dry or canned foods for cats, dogs, kittens and puppies, as well as blankets, toys and towels. Donations can be dropped off at the stray facility. Visit the Fort Rucker stray facility's Facebook page at http:// www.facebook.com/ fortruckerstrayfacility/ for constant updates on the newest animals available for adoption.

Religious Services

WORSHIP SERVICES

Except as noted, all services are on Sunday

Headquarters Chapel, Building 109 8 a.m. Traditional Protestant Service

Main Post Chapel, Building 8940 9 a.m. Catholic Mass Sunday 11 a.m. Liturgical Protestant Service

12:05 p.m. Catholic Mass (Tuesday - Friday) 4 p.m. Catholic Confessions Saturday 5 p.m. Catholic Mass Saturday

Wings Chapel, Building 6036 8 a.m. Latter-Day Saints Worship Service 9:30 a.m. Protestant Sunday School 10:45 a.m. Wings Crossroads

(Contemporary Worship Protestant Service) 12 p.m. Eckankar Worship Service (4th Sunday)

Spiritual Life Center, Building 8939 10:15 a.m. CCD (except during summer months)

Tuesdays Crossroads Discipleship Study (Meal/Bible Study)

Wings Chapel, 6:30 p.m

BIBLE STUDIES

Protestant Women of the Chapel Wings Chapel, 9 a.m. and 6 p.m.

Adult Bible Study Spiritual Life Center, 7 p.m.

Wednesdays Catholic Women of the Chapel Wings Chapel, 8:30 a.m.

Above the Best Bible Study Yano Hall, 11 a.m.

1-14th Avn Reat Bible Study Hanchey AAF, Bldg 50102N, Rm 101,

164th TAOG Bible Study

Bldg 30501, 11:30 a.m. **Adult Bible Study**

Soldier Service Center, 12 p.m. Youth Group Bible Study

Spiritual Life Center, 5:30 p.m.

Adult Bible Study Spiritual Life Center, 6 p.m.

Thursdays Adult Bible Study Spiritual Life Center, 9 a.m.

Latter-Day Saints Bible Study Wings Chapel, 6:30 p.m.

Saturdays Protestant Men of the Chapel Wings Chapel (1st Saturday), 8 a.m.









West Gate Center 621 Ball Weevil Circle, Suite 6, Enterprise, AL

1-888-842-6328 * navyfederal.org

Federally insured by NCUA, who works they are not an experience of per control of the 1.400 per control of 2004 2005 and 2006 copy year or control with 10,000 common long type monormals to make the period cause the related full terms from 1.405 ASS promises. Parented average Liber second of \$10,000 at a major) Personality No. Se commits and a room a promiting agreement of \$100,000 Parameter agreement Lamb amount of \$20,000 at a part of 1998 APP for DQ visions and the arranged part of \$10000 States properly from the area of red significant. offer. You shall note and first of equipment is expected to expect the offer \$200 will be been set to the privary applicant to increase managed by the part of a large of the part of the part of the sale reflecting that it is the first 60 mag. the \$100 of the of beauty would \$250 may probability from Hospital is appropriate for any potential for facility money and of the accompany of this occurrent if 2016 have Expose PACLI 1719 Available 19-95.



gold **Story on Page D3**

JULY 2, 2015



Families participate in a previous youth fishing tournament at Parcours Lake.

ROME BUSSEDOM

Post boasts 6 lakes, multiple options for anglers

By Nathan Pfau Army Flier Staff Writer

As warm weather remains firmly settled in southeastern Alabama, the water is a popular place to be, and Fort Rucker features a plethora of waterways that people can take to with rods and reels.

There are a total of six different lakes on Fort Rucker covering more than 670 acres that house a variety of different fish ranging from largemouth bass, hybrid bass, catfish, crappie and bream that people can test their skills against as they cast their lines, according to Bob Schotter, recreation assistant for Fort Rucker Outdoor Recreation.

The first and most well known of all the lakes is Lake Tholocco, which offers two different fishing piers, one on East Beach and one on West Beach, and shoreline fishing is also permitted.

People can catch largemouth bass, bream, catfish and crappie in Lake Tholocco's waters, and something many people don't know is that night fishing is allowed on the lake.

"Night fishing at Lake Tholocco is the only authorized activity after sunset," said home, said Schotter. the ODR recreation assistant. "People can fish from the shore or from a boat, and as long as the boats are equipped with proper lighting, fishing at night is permitted any-

where on the lake." People operating the boats must first complete the boater's safety course before taking any boats out on the lake, he

Lake Tholocco is also the only lake on the installation that permits powerboats, said Schotter. Any boats in the other lakes



Lucas Gangler, military Family member, took first place in a previous youth fishing tournament at

on Fort Rucker must be self propelled.

Although the lakes are full of fish, there is a limit on how many fish people can take

At Lake Tholocco, for largemouth bass, there is a limit of five for less than 14 inches in length and only one for more than 18 inches. Any largemouth bass caught between the sizes of 14-18 inches must be thrown back, he said.

For bream there is a limit of 30; for catfish the limit is 15; and people can catch up to 30 crappie longer than nine inches.

Although the other lakes on the installation don't compare in size to Lake Tholocco, they come pretty close when it comes to the fishing experience and are available from sunup to sundown, Schotter said.

Parcours Lake is another popular fishing spot on Fort Rucker, but this particular spot is reserved for the installation's youth anglers, he said.

"Because of the size of the lake -4.1acres – and its proximity to the housing areas, it's only permitted for those ages 15 and younger," he said, adding that parents are allowed to assist their children in fishing, but children must reel in their own fish.

The lake is home to bream, catfish and some largemouth bass, and is located on Farrel Road behind Lyster Army Health

Another hidden gem on Fort Rucker, more known for its trails than its fishing. is Beaver Lake.

This 7.7-acre lake is open to all ages for fishing from sun up to sun down, and houses largemouth bass, bream, catfish and crappie. The limit on fish at Beaver Lake are two largemouth bass larger than 16 inches; 10 bream of no size limit; unlimited catfish; and up to 30 crappie with no size limit.

Beaver Lake is located off of Third Avenue across from the Fort Rucker Physical Fitness Center's football field.

There are also a few lakes that are relatively unknown to most on the installation. but the fishing they provide is just as enjoyable as their more well-known counterparts, said Schotter.

Eck Lake is a 7.7-acre lake that is open to all ages also filled with largemouth bass, bream, catfish and crappie. To get to this hidden gem, turn from Christian Road onto Johnston Road and take the first unpaved road on the left, then follow the signs.

The limits for the lake are no more than two largemouth bass 16 inches or larger, 10 bream with no size limit, unlimited catfish, and up to 30 crappie with no size limit.

Schotter said there is an alligator that lives in Eck Lake, but "he never bothers anyone."

Buckhorn Lake is another lake that isn't very well known, but it's also one of the installation's most restricted lakes due to its location and proximity to training areas, said Schotter.

The lake is 13.2 acres and is home to largemouth bass, bream and crappie, but days of operation vary from day to day.

Buckhorn Lake is located two miles past Silver Wings Golf Course on Hatch Road.

"The lake is only open about half the time, so people should call outdoor recreation before they head out to the lake to confirm the times," said the recreation assistant.

Beaver Pond is the smallest of all the lakes on Fort Rucker and is also the least developed, according to Schotter. Beaver Pond is open to all ages, and is located off of Andrews Avenue between Silver Wings Golf Course and the Ozark Gate.

People 16 and older must have a state fishing license and post fishing permit to fish on Fort Rucker, and everyone operating a boat, motorized or self propelled, must complete the Fort Rucker Boating Safety Course. People can visit the outdoor recreation service center to obtain a license and permit.

For more information, call 255-4305. or visit http://www.ftruckermwr.com/recreation/outdoor-recreation/hunting-andfishing/.

Warrior Games showcase overcoming obstacles

By Karen Parrish

Department of Defense News

WASHINGTON - The 2015 Department of Defense Warrior Games provided a showcase for how determination and support can help people overcome seemingly impossible obstacles, Deputy Defense Secretary Bob Work said Sunday at Marine Corps Base Quantico, Virginia, during the adaptive sports competition's closing ceremony.

"What an incredible series of games it's been," he said. "These games demonstrate just how important adaptive sports are to the recovery, reconditioning, rehabilitation process for our wounded, ill and injured warriors."

The Warrior Games also show the world, Work said, "how seemingly impossible personal challenges can be overcome with the right support."

Medical and recovery care, transition support, caregiving and the love of "remarkable people" all contribute to helping and healing America's troops and veterans in need, the deputy secretary noted.

Saluting all who helped

Speaking for the entire De-



Army visually impaired cycling teams finish together to take the gold, silver and bronze in the 2015 Department of Defense Warrior Games at Marine Corps Base Quantico, Virginia, June 21.

fense Department, Work said, "I want to salute the family members, the loved ones, the friends, the coaches, the medical professionals, and the caregivers both professional and volunteer, human and canine – who have stood alongside these brave warriors through their recovery pro-

He also commended the volunteers, communities and corporate sponsors without whom, he emphasized, the Warrior Games would not be possible.

Medal counts

While the Warrior Games are friendly, competition is an innate part of military life, where "the

best and the brightest" is at least as commonly heard as "first in, last out."

The Army led the field this year in all medal categories, as well as Chairman's Cup points. The Marines followed, while the Air Force finished third in total medals earned.

The U.S. Soldiers, Sailors,

Airmen, Marines, Coast Guard members and special operators at the Warrior Games, Work said, "represent the very best America has to offer."

Addressing the athletes, Work said they answered the nation's call during times of war, stepped forward and "asked only that you have the honor of serving your country, regardless of the dangers you faced."

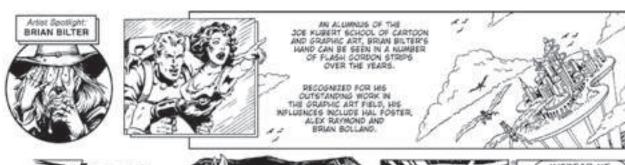
"We are all proud of each and every one of you," he added.

British participation

British athletes who competed at Quantico this year, the deputy secretary said, "traveled all the way over 'the pond' to compete and show us the fighting spirit for which their armed forces are so famously known throughout the world."

Work said is the United States has "no better ally, no better friend, than the United Kingdom. And we share a close warrior bond with its armed forces." The two nations have stood beside and bled beside each other, he said, on battlefields across the world "as we take the fight, together, against enemies of freedom -- wherever they might be

DOWN I'IME









Just Like Cats & Dogs by Dave T. Phipps I ASKED YOU TO PUT THE ROAST IN THE OVEN FOR OUR DINNER PARTY TONIGHT NEXT TIME CAN YOU PLEASE TURN IT ON

Rodriguez

1. MYTHOLOGY: Who was the father of Hercules?

2. MUSIC: Who wrote the opera

"Otello" in 1887? 3. ART: Who painted the anti-war

work titled "Guernica"?

4. INVENTIONS: Who invented

Tupperware? 5. TELEVISION: What was the

name of Howdy Doody's twin broth-

6. U.S. PRESIDENTS: How old was Ronald Reagan when he was inaugurated?

7. GEOGRAPHY: Where are the Taurus Mountains?

8. HISTORY: Which famous family ruled Florence during the Renais-

9. LITERATURE: In which novel does the character of Long John Silver appear?

10. ANIMAL KINGDOM: Where did Manx cats originate?

See Page D4 for this week's answers.

Super Crossword

"CAN'T YOU SEE I'M DIZZY?!"

ACROSS

- 1 Bar mitzvah language 7 Its capital is Montgomery 14 Old jazz buff
- 20 Henry II player Peter 21 Horse feed supporter
- 22 106-Down on Cal Ripken's cap 23 Amaze a Sherlock Holmes
- portrayer? 25 (corresive
- liquid) 27 Brighton
- brew 28 12-month famine?
- 30 Trendy berry in juices
- 33 Shire of film 34 Goddess of the dawn 35 Singer
- Brown got dressed? 42 Gridiron gains: Abbr.
- reparations 46 Cosa

(Mafia's kin)

43 Pen giant 45 Make

23

45

51

90

105

115

123

100 101

sign) 61 Octa- plus 62 Relative of a

48 Areas of

scrap

46:8

60 "NO TURN

résumé

58 *Egypt — up

Jeremiah

like a flood":

" (traffic

expertise

- 64 Judge on the bench, e.g. 65 Bee creation 66 Fact about a 110 Seeded loaf
- consolidation 112 loan? Two-spot
- 74 University in Atlanta. 75 In — (owing) 79 Old science
- magazine 80 Balance pan Pittsburgh's
- Camegie University 84 Instructors' org. 85 Sub-shop

- 51 Provides party platters 53 Determine 91 California which team scored? 93 Old Greek 57 Supper
 - market 94 Erwin of old films 95 "The Tell-
 - Tale Heart taleteller 98 Moola eamed by a
 - love god? 100 Blocks from the freeze 102 is up against 104 School in
 - Berkshire 105 Road named after singer Deanna?
 - Alamitos, California 115 Thinking the
 - world of 116 What to do to socks that tear every 24
 - hours? 120 Appear 122 Late actress
 - Brennan 123 Hot- - (drag racer) 124 Turn from a

- 88 Relative key 125 Say "no" to of B minor
- 90 Michelangelo DOWN Mortar trays 2 List-ending abbr. wine region
 - woman 5 Jazz singer Fitzgerald 6 Li'l fellow

3 TV clown

4 "Frasier"

- 7 Gasteyer of "Mean Girls" 8 Truckload 9 Deadly pale 10 Neuwirth of
- 11 "If I Had -(Lyte Lovett song) 12 American
- avant-garde artist 13 Antediluvian
- 14 Toyota rival 15 troquois foe 16 Falafel bread 17 Amendment
- 18 Samuel of justice 19 PC whizzes 24 Intel mission
- 29 Hi--(stereos) 31 Positive
- pole 32 Atlas feature 35 Son of Isaac 36 Video game

- 37 Catchphrase 38 Phenyl ender 39 Saw-toothed
- 40 Ingrain 41 Soft & -43 Jazz genre 44 Limonite.
- e.g. 47 Worship 48 Nursed, say 49 Kin of -ess
- 50 Don't depart 52 Uses a stool 54 Writer Blyton
- 55 Grove plant 56 Kind of tea - Field 59 (Mariners' stadium)
- 63 Most chancy 64 "- will be done"
- 65 Very irate 67 Arabian Sea country
- 68 Actor's part 69 Long lock of
- 70 Stomped 71 Tip, as a hat
- 72 Arab bigwig 73 Frank and open
- 76 Pear variety 77 Corp. shuffling
- 78 Mother of Isaac -cone

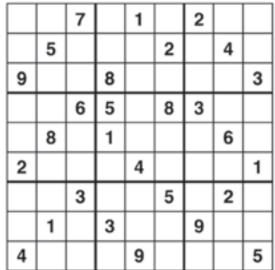
- 82 Get hitched on the fly 83 Maximum
- 86 Post-OR mron. 87 OR worker 89 Before now
- 92 Proffify 95 "NerdTV" network 96 Bested
- 97 Online investing sito 99 Tom of
- "Tomorrow" 100 Slacking sort 101 Pataki's predecessor
- Mario 102 Make furious 103 Font flourish
- 106 Nest builder 107 "Picnic" dramatist
- William 108 Organic compound
- 109 Head, to Gigi 111 Falco with four Emmys
- 112 In of (rather than) 113 Jai-alai cries
- 114 "Auld Lang 117 Amp plug-in 118 Masquerade
- 119 Furry TV alten



See Page D4 for this week's answers.

Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: * *

★ Moderate ★★ Challenging * * * HOO BOY!

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See Page D4 for this week's answers.

KID'S CORNER





GROUNDER

THEN score 2 points each for all words of four letters or more tound among the letters.

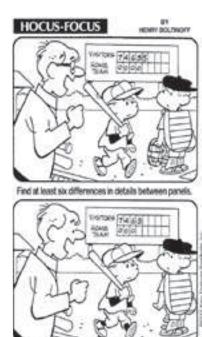
The telecome of least 50 points. Note being numbers against





HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less. than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left Then read the message the letters under the checked figures give you.

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By Lisa Ferdinando Army News Service

QUANTICO, Va. - Army men and women brought home more than two dozen medals in field events during the 2015 Department of Defense Warrior Games June

The Army swept the men's discus throw standing 1.0, with Spc. Anthony Atemon in first with 39.09 meters; Cpl. Matthew Mueller in second with 20.39 meters; and veteran Staff Sgt. Sean Johnson placing third with 18.33 meters.

The same trio dominated the men shot put standing 1.0, with Atemon in first with 11.42 meters, followed by Mueller with 6.89 meters, then Johnson in third with 6.71 meters.

Gold for Army women

It was double gold for retired Sgt. Monica Southall, who took home wins in women's discus throw standing 5.0 with 33.69 meters, and women's shot put standing 5.0 with 11.93 meters.

Southall had been active all through high school and college. Adaptive sports have helped her, she said, following her injuries from a fall from a mine-resistant, ambushprotected vehicle.

"It's an honor to be competing here at the Warrior Games. I remember one time I wasn't able to hardly stand or walk, so to be able to do both and not only that but compete at a high level again is very exciting to me," she said.

She said she is usually nervous on competition day.

"I know once I get out there and I start throwing and I start competing, everything goes away and I'm just happy, just so filled with joy that I am able to do this again," she said.

Her advice to other wounded, ill or injured service members, "Give adaptive sports a try, if nothing else, it's something to get you motivated, get you active again and get you going again."

Southall was in great company with other Army women who brought home gold.

Spc. Sydney Davis earned two gold medals, one for her women's discus throw standing 6.0 of 32.93 meters, and the other for her women's shot put standing 6.0 of 10.97 meters.



Sgt. Colten Harms competes in the shot put at the 2015 Department of Defense Warrior Games on Marine Corps Base Quantico, Virginia, June 23. He won gold in the men's shot put standing 6.0 with 14.61 meters and took home gold in the men's discus throw standing 6.0 with 43.26.

Cpl. Jasmine Perry was a dual gold medal winner as well, bringing home the first place prize for her women's discus throw standing 4.0 of 22.77 meters, and women's shot put standing 4.0 for 9.69 meters.

For the women's discus throw seated 6.0, Spc. Chasity Kuczer placed first with 18.18 meters; she was first in the women's shot put seated 6.0 with 7.31 meters.

Army men win top prize

In the men's discus throw standing 6.0, Sgt. Colten Harms placed first with 43.26; he placed first in the men's shot put standing 6.0 with 14.61 meters.

Robert Green was first in the men's discus throw seated 6.0, with 31.42 meters, and first in men's shot put seated 6.0 with 9.17 meters.

Silver medals

For the men's discus throw seated 5.0, Sgt. Patrick Timmins placed second with 31.50 meters; he also took second in the men's shot put seated 5.0 with 10.03 me-

In the men's discus throw standing 6.0, retired Sgt. Sean Hook took second with 38.98; he was second in men's shot put standing 6.0 with 13.59 meters.

Hook said he enjoyed the competition as well as the camaraderie among the ser-

"We all realize that we're all different but the same in sorts. It's a good time. It's helped me through my journey. It's exciting to be here again," he said.

Hook, who said he has great support from his family and the Army, said a lot of athletes have the outlook of focusing on their ability – not a disability. "It's the new you. You learn how to deal with it."

Also bringing home silver was veteran Spc. Haywood Range, who finished second in men's shot put standing 5.0 with 11.77 meters; he was third in men's discus throw standing 5.0 with 32.02 meters.

For the women, Staff Sgt. Ashley Anderson was second in women's shot put standing 6.0 with 10.58 meters; she was fourth in

the women's discus throw standing 6.0 for her toss of 22.83 meters.

Staff Sgt. Monica Martinez was second in the women's shot put seated 6.0 with 6.64 meters, she also took home bronze for the women's discus throw seated 6.0 for her throw of 14.12 meters.

Other results

1st Lt. Christopher Parks placed fourth in men's discus seated, 4.0, with 24.09 meters. He placed fourth in men's shot put seated 4.0 with 8.09 meters.

Other fourth place wins included Sgt. Blake Johnson for the men's discus throw seated 6.0 with 25.5 meters and the men's shot put seated 6.0 with 8.34 meters.

Sgt. 1st Class Michael Smith was fourth in men's shot put standing 5.0 with 8.59 meters. Smith was sixth in the men's discus throw standing 5.0 with 27.17 meters.

Smith, who lost his right arm in 2011 a hit-and-run, was the first above-the-elbow amputee to be found fit for duty to continue active duty service. He is a recruiting center commander in Little Rock, Arkansas.

The Warrior Games go far beyond competition, Smith said.

"At the end of the day, it's about assisting and helping other athletes get over their injury," he said. Adaptive sports and surrounding himself with good and positive people have helped him tremendously in his transition, he said.

Staff Sgt. Alexander Shaw took fifth in the men's discus throw seated 5.0, and came in seventh in the men's shot put seated 5.0 with 7.22 meters.

Sgt. Anthony Villalobos was fifth in the men's shot put seated 5.0 with 8.21 meters; he was seventh in the men's discus throw seated 5.0 with 22.85 meters.

For the women's shot put seated 6.0, veteran Spc. Laurel Cox was sixth with 5.40 meters.

For the men's discus throw seated 5.0 CW3 Timothy Sifuentes was eighth with 22.51 meters; he took ninth in the men shot put seated 5.0 with 6.92 meters.

For the men's discus throw standing 5.0, veteran Staff Sgt. Andrew McCaffrey was 10th with 17.96 meters; he placed ninth in men shot put standing 5.0 with 6.96 me-

For the men's shot put seated 5.0, Doug Hill was 11th with 6.69 meters.

Army swimmers earn 57 medals at Warrior Games

By David Vergun Army News Service

MANASSAS, Va. — Soldiers took home 17 gold, 22 silver and 18 bronze medals Saturday from the 48 swimming events at the Department of Defense Warrior Games.

The meet was held at the Manassas Freedom Aquatic and Fitness Center pool and featured all competitive strokes: freestyle, backstroke and breaststroke were included with the exception of butterfly.

To accommodate all the swimmers in the races, more than one heat was held for the same stroke and distance event.

First-place Army swimmers were: Matthew Mueller: 50-meter freestyle, 37:34; 100-m freestyle, 1:29.5; 50-m backstroke, 55:19; and, 50-m breaststroke, 1:07.3; Michael McPhall: 50-m freestyle, 29:96; 100-m freestyle, 1:10.3; and, 50-m breaststroke, 38:61; Steven Bortle: 50-m freestyle, 31:73; and, 50-m breaststroke, 47:02; Randi Gavell: 50-m freestyle, 34:33; 50-m backstroke, 41:94; and, 50-m breaststroke, 44:97; Ola Nahale: 50-m freestyle, 1:18.8; Monica Martinez: 50-m breaststroke, 58:14; and Team Army placed first in the 200-m mixed freestyle relay with a time of 02:18.3; women's 200-m freestyle relay, 02:31.6; and 200-m mixed freestyle relay, 02:03.9.

Army swimmer Blake John-



Randi Gavell touches in first for the Army in the 50-meter women's breaststroke at 44:97 during the 2015 Department of Defense Warrior Games in Manassas, Virginia, June 27.

son slid into the water in starting position for the backstroke. But he and the other swimmers were called out of the water just before the start as refs and officials met to discuss something.

"I'm pumping adrenaline," he said, meaning he was psyched up to race when the timeout was

He said he and others are here to win and bring home the gold.

The games have resulted in many friendships. He and fellow Army teammate, Patrick Timmons, have developed a close bond, he said.

Army swimmer Stefan Leroy lost most of both legs after stepping on an improved explosive device while carrying a fellow Soldier to a MedEvac helicopter June

7, 2012. That wounded Soldier had stepped on an IED, as well. Leroy said the games and fellow competitors keep him motivated.

A tattoo on his back reveals how he's overcome adversities and now looks at life with a smile. It reads in big letters: "No legs. No regs. No problems."

Tracy J. Smith attended swimming and the other sporting events as a volunteer freelance photographer. She herself is a twice-wounded warrior, in Iraq and Afghanistan while serving in the Georgia Army National Guard, where she is still serving as a staff sergeant. She was in the Marine Corps for 10 years, as well, before joining the Guard.

Smith is on a first-name basis with a lot of the athletes and knows their stories well and said she's in awe of their accomplishments, making no mention of her own incredible journey.

She pointed out a blind swimmer. What an amazing story he has, she said, "Can you believe he's competing?" As athletes moved to their starting blocks during the events, she offered them words of encouragement.

That morning, Smith said she was surprised when she opened her tablet to see her online subscription to "Time" magazine, glancing through the July 6, issue. In it was a full-page photo and write-up of Jasmine Perry, a Team Army swimmer at the games.

It was a very pleasant surprise, she said, as she's become friends

with her. During the men's 100-meter freestyle event, Matthew Mueller of the Army team placed first with a time of 1:29:49. While fans cheered Mueller on his way to victory, they were on their feet cheering even louder for last-place finisher Army's Sean Johnson, with a

distant 3:04:22 time. Throughout the games, if an athlete was having trouble finishing, he or she got the loudest ovations. "You can feel the love," Smith said, watching them struggle and succeed. "They persevere and people rally. It's such a positive experience. That's what it's all

Cirina Catania, an independent filmmaker, was at the games too. She was rooting for Marine swimmer Kionte Storey. He is the subject of a documentary she is making on his life, from his childhood as an orphan in Stockton, California, where he grew up, to his time in the service and his process of recovery.

Storey lost his right leg to an IED in Afghanistan, she said. The games have been a great part in his process of recovery and he's now living in San Diego, where's he's employed as an FBI dispatcher on the night shift. He trains for athletic competitions during the day so he's always busy.

She said it's been a joy and a privilege to hear his story and be with him at the games.

Ruthi Moore, a visiting nurse with the Navy-Marine Corps Relief Society, was also attending the games. Moore started her nursing career in the Army in 1966, serving until 1970. She lives in Virginia but travels throughout the country about three weeks a month, visiting injured, ill or wounded service members recovering in their homes.

With her at the games was Ronnie Jimenez, a swimmer on the Marine team. Moore had been visiting Jimenez at his home in Avondale, Arizona, as part of her visiting nurse work.

Jimenez's recovery is going well and he's doing good competitively at the games, Moore said. He's also fortunate to have the backing of his wife and family. They've been with him throughout.

FORT RUCKER SPORTS BRIEFS

July 4th Flag Tournament

Silver Wings Golf Course will host its July 4th Flag Tournament Saturday with tee times from 7-9 a.m. People can register until 9 a.m. the day of the tournament. Entry cost is \$5 plus green fee and cart fee. Players must have a valid handicap.

For more information, call 598-2449.

Stars and Strikes

Rucker Lanes will host its Stars and Strikes Independence Day Bowling special from noon to midnight Saturday. Games will cost 25 cents per person and 50 cents per shoe rental. Regular pricing applies to menu

For more information, call 255-9503.

UFC Fitness Tour 2015

The Air Force Reserve presents the Ultimate Fighting Championship Fitness Tour 2015 Tuesday at the Fort Rucker Physical Fitness Center. There will be a fitness talk from 5-6:30 p.m. and a meet and greet from 6:30-8 p.m. with UFC trainer Mike Dolce and UFC fighter Luke Rockhold.

For more information, call 255-9810.

Open Championship Match-Up

Silver Wings Golf Course will host its Open Championship Match-Up July 18. Players will play a normal Saturday round of golf, but before they tee off, they choose someone from the Professional Open Championship in the Britain field as a partner, and pay \$5. At the end of their round, Silver Wings Staff calculate the two-man team's best ball score from the Fort Rucker player's score and the professional's round score. Prizes will be given for both gross and net scores. All rounds must tee off by 9 a.m.

For more information or to sign up, call 598-2449.



Soldiers transport a trauma victim to an Army medical helicopter in Tarmiyah, Iraq, Sept. 30, 2007.

PHOTO BY NAVY MASS COMMUNICATION SPECIALIST 2ND CLASS SUMMER M. ANDERSON

SAVING LIVES

Trauma registry yields significant increase in traumatic injury survival rates

By Dr. Valecia L. Dunbar Army Medical Command Public Affairs

FORT SAM HOUSTON, Texas — Trauma care, within the Department of Defense, is a continuous and enduring mission in peacetime or wartime. Recent improvements in the delivery of trauma care in theater have resulted in a case fatality rate of less than 10 percent.

To put this number in historical perspective, the case fatality rate was 19.1 percent during World War II, 15.8 percent during Vietnam, and about 16 percent at the onset of Operation Enduring Freedom. In Vietnam alone, 2,500 service members died solely from extremity injuries.

One DOD organization that has sought to improve combat casualty care outcomes is the Joint Trauma System. JTS and its multiservice coordinating component, the Joint Theater Trauma System, seek to provide "the right care, to the right patient, at the right place, and right time," said Col. Kirby Gross, JTS director. "That's the only way optimal combat casualty care can be provided."

Spurred by the events of 9/11, and subsequent combat operations in Iraq and Afghanistan, military clinicians recognized the need for a more structured approach to a system of trauma care for Soldiers wounded in combat.

In 2005, U.S. Central Command implemented an inclusive system of trauma care in support of OEF and OIF. This system integrated care from point of injury through Level IV care. Subsequently, the system evolved to include Level V and Veterans Affairs facilities. JTS uses Level IV and V as the highest levels of definitive trauma

The JTS was established in 2006 at the U.S. Army Institute of Surgical Research. Since that time, multiple investigators using data from the Department of Defense Trauma Registry have demonstrated that this system has improved the process of care, minimized-practice variability, and decreased morbidity and mortality in CEN-TCOM's theater of operations. The JTS became an official program of record under the USAISR within DOD in 2010.

Evidence suggests that inclusive systems of trauma care are associated with a reduction in injury-related mortality within a region compared with exclusive systems.

Today, the CENTCOM JTTS, the U.S. Army Ad Hoc JTS, and the DODTR process enable a seamless, multi-service military trauma system developed on the premise that every Soldier, Marine, Sailor, and Airman injured on the battlefield or in the theater of operations has the optimal chance for survival and maximal potential for functional recovery.

The relationship between the JTTS and JTS is one of coordination, knowledge management and information sharing to ensure data received from the JTTS shared registry

are managed in a unified DOD system.

Army Vice Chief of Staff Gen. Daniel Allyn served as a Ranger Battalion commander in 1998. During remarks at the 2014 Association of the United States Army Hot Topic Medical Symposium, Allyn spoke about his vision for "training every Soldier to be as skilled as our combat medics" and referred to the early steps taken to bring tactical combat trauma care to the point of injury and the lessons learned from Somalia.

"During Somalia and Vietnam, seven of 10 battlefield deaths were caused by bleeding in the arms and legs," Allyn said. "Now we have transitioned to the combat application tourniquet and haemostatic dressings that cause immediate blood clotting. We have moved surgeons forward on the battlefield so Soldiers can receive care within minutes of their injury."

The development of a trauma registry supports the system needs, such as performance improvement and research to reduce morbidity and mortality. Critical to the system's success are trauma nurse coordinators who log combat casualty records into

"Nurses were using the registry to facilitate performance improvement among providers and ensure care guidelines have consistent results," Gross said. "What the registry needed outside of JTTS, which serves the CENTCOM area of responsibility, was technology and performance im-

provement subject-matter experts to train trauma nurses and JTTS teams."

The JTS is an enduring organization within the Army and is housed on Fort Sam Houston in San Antonio. Its mission is to improve trauma care delivery and patient outcomes across the continuum of care utilizing continuous performance improvement and evidence-based medicine driven by the concurrent collection and analysis of data maintained in the DODTR, which was formerly named the JTTR.

JTS is one of five directorates at USAISR. Its additional responsibility is to write clinical practice guidelines and provide a source of institutional knowledge to inform future operations. The agency shares a strategic partnership with the American College of Surgeons Committee on Trauma and the Defense Health Agency to ensure all surgeries, including trauma surgeries, in civilian and military environments are registered. JTS has also partnered with United Kingdom medical officers to establish data sharing agreements.

"All data has been de-identified," said

The JTS was recognized by the Oversight Board of the Defense Centers of Excellence in June 2013 as a Defense Center of Excellence. The Center of Excellence recognition is awarded to organizations that create value by achieving improvement in outcomes through clinical, educational and research activities.



Weekly SUDOKU —

Answer

8	6	7	4	1	3	2	5	9
3	5	1	9	7	2	8	4	6
9	2	4	8	5	6	7	1	3
1	4	6	5	2	8	3	9	7
7	8			100	9	100	1990	100
2	3	9	6	4	7	5	8	1
6	9	3	7	8	5	1	2	4
5	1	2	3	6	4	9	7	8
4	7	8	2	9	1	6	3	5

Trivia

Answers

1. Zeus 2. Verdi

3. Picasso

Earl Tupper

Double Doody

6.69

7. Turkey

The Medici family

"Treasure Island" Isle of Man

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